EVERYDAY INGREDIENTS | QUICK & EASY MEALS

Hungry Girl®

THE FALL ISSUE

70 HEALTHY & COMFORTING RECIPES

GENIUS AIR-FRYER IDEAS

SLOW-COOKER CREATIONS

CHICKEN DINNERS FOR DAYS

Brown Sugar Garlic Pork Tenderloin, p. 57

Lisa Lillien aka Hungry Girl!

Fall 2021
Hungry-Girl.com

VISIT…

LANZAROTE
Caliente.COM

15g Protein
StarKist
PREMIUM
WHITE
CHICKEN
NO DRAINING
INSPECTED FOR WHOLESOMENESS BY U.S. DEPARTMENT OF AGRICULTURE

NEW

StarKist® PREMIUM WHITE CHICKEN

JUST TEAR, ADD & GO!

☑ No Draining Required ☑ Cage-free* ☑ Packed in the U.S.A.

*Chickens were allowed to roam freely

©2021 StarKist Co. All Rights Reserved.

Welcome to Hungry Girl!

hi,

Your fur babies can make you healthier!
page 92

Check out my secret-ingredient superstars on
page 10

Swerve
THE ULTIMATE SUGAR REPLACEMENT
BROWN

Lisa here! **I hope you had an awesome summer.** I know I'm ready for fall, and I'm so excited, because this issue is going to help get you ready as well.

As always, this magazine is packed with incredible recipes, tips, tricks, success stories, and other easy ways to help make your life better, healthier, and more delicious. Of course, there are always a few standouts...

The Fall Favorites recipe story *(page 44)* is full of so much yumminess I can't even begin to explain it. And the mug meals and rotisserie chicken stories on *pages 36* and *24* are filled with recipes that will make their way into your regular rotation (especially that chicken salad–yum!). I had so much fun working on the Restaurant Redo story *(page 60),* making healthier versions of your favorite dishes from restaurant chains. (Cheddar Bay Biscuits... Yes!)

If you thought you couldn't do anything special with that box of mac & cheese that's been sitting in your pantry, turn to *page 68* immediately to be proven wrong in the best way possible. Some crazy-good stuff there. The most unexpectedly creative story in this issue has to be on *page 42,* where I'll show you how to use instant coffee to make delicious and unexpected things like donuts and oatmeal!

If that's not enough, you'll find five different ways to make the easiest chocolate cakes EVER on *page 72,* four fun ways to turn fruits and veggies into super-healthy breadless sandwiches on *page 66,* and twelve of my favorite secret supermarket ingredients on *page 10!*

Remember, if you love this magazine, you'll want to sign up for my daily emails. I send them out every Monday through Friday, and they're packed with all kinds of things you'll love: recipes, food finds, kitchen hacks, and so much more! You can sign up at *hungry-girl.com.*

Enjoy the issue... SO MUCH!!

'Til next time... Chew the right thing!

xoxo,
Lisa :)

Hungry Girl®

WHAT'S AN UNUSUAL FOOD QUIRK YOU HAVE?

*My favorite way to eat leftovers is to combine Hungry Girl recipes that have nothing to do with one another... **Mexitalianese!** - Lisa*

***Hot food and drinks need to be kept hot at all times.** I sometimes get up mid-meal (more than once!) to microwave something so it stays hot until I'm done. - Erin*

*I'll eat a bowl of berries with a toothpick. **It's like mini fruit skewers!** - Jamie*

***I only eat one food at a time** (no mixing foods on a plate) and will eat my favorite thing on the plate last. - Gina*

*It is nearly impossible for me to eat pizza without **ranch dressing** to dip it in. - Allie*

EDITOR IN CHIEF & FOUNDER
Lisa Lillien

VICE PRESIDENT OF CONTENT & OPERATIONS
Jamie Goldberg

TEST KITCHEN TEAM
Erin Norcross, Katie Killeavy

EDITORIAL STAFF
Dana DeRuyck, Lynn Bettencourt Keith, Allie Bottcher

SPECIAL THANKS
Mike Sherry, Gina Muscato, Bill Stankey, Steve Younger,
Peggy Mansfield, John Vaccaro, Joy Bauer,
Bonnie Taub-Dix, Lolly, Bam Bam

MEREDITH PREMIUM PUBLISHING PARTNERSHIPS

EDITORIAL
EDITORIAL DIRECTOR Jill Waage
EXECUTIVE FOOD EDITOR Shelli McConnell
ART DIRECTOR Nikki Sanders
CONTRIBUTING DESIGN DIRECTOR, PHOTO DIRECTOR, PROP STYLIST Alexis West-Huntoon
CONTRIBUTING EDITOR Ellen Boeke
PROOFREADER Erika Bjorklund
ADMINISTRATIVE ASSISTANT Lori Eggers
PHOTOGRAPHERS Jason Donnelly, Carson Downing, Jacob Fox, Brie Passano
CONTRIBUTING PHOTOGRAPHERS Adam Albright, Alexis West-Huntoon
FOOD STYLISTS Greg Luna, Lauren McAnelly, Kelsey Moylan

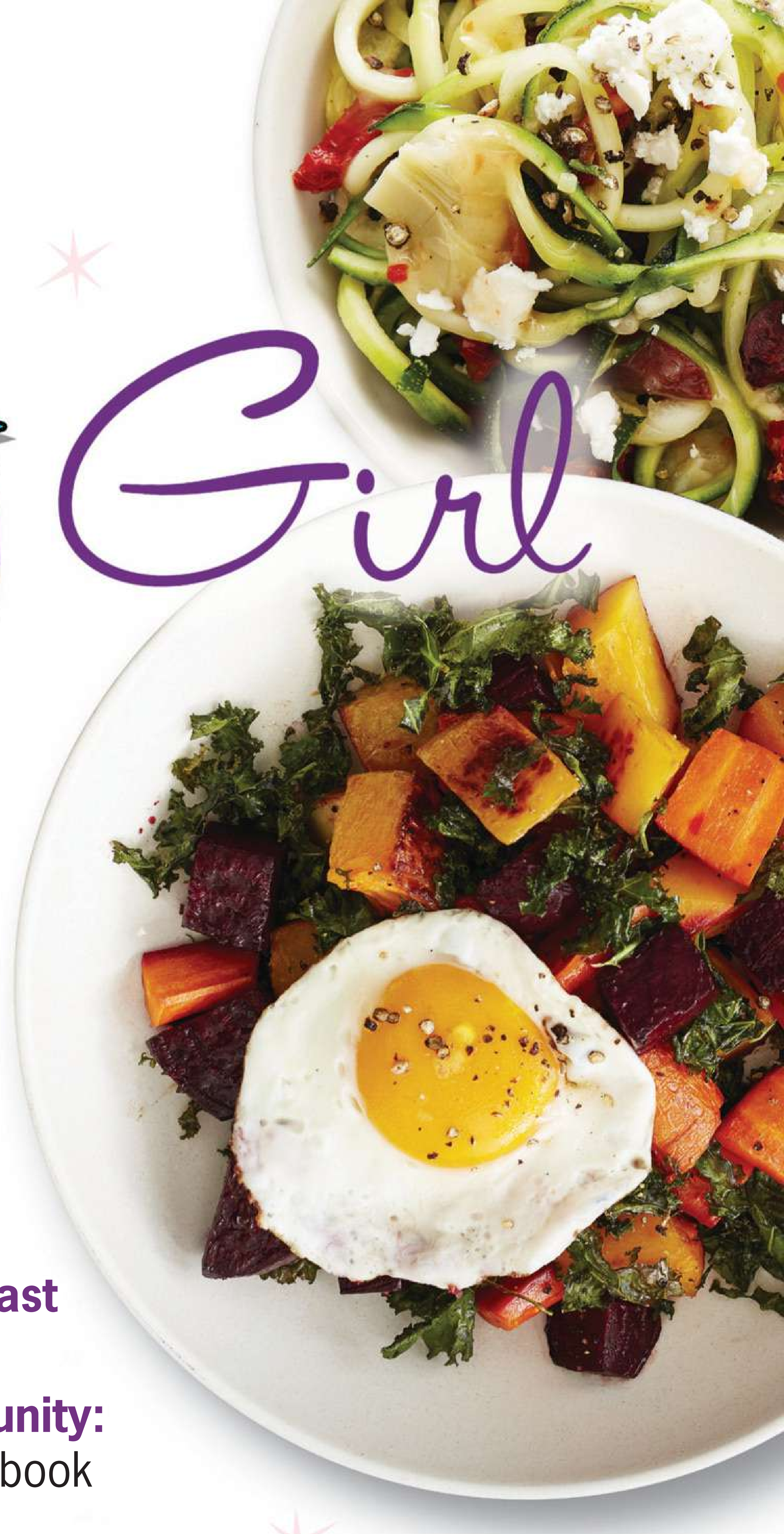
EDITORIAL ADMINISTRATION
ASSISTANT MANAGING EDITOR Jennifer Speer Ramundt
SENIOR COPY EDITOR Erika Bjorklund
BUSINESS MANAGER, EDITORIAL Cindy Slobaszewski
DIRECTOR, QUALITY Joseph Kohler
DIRECTOR, MEREDITH PHOTO STUDIO Reese Strickland
DIRECTOR, MEREDITH TEST KITCHEN Lynn Blanchard
PREMEDIA TRAFFICKING SUPERVISOR Christopher Sprague
COLOR QUALITY ANALYST Pamela Powers

GROUP ADMINISTRATION
SENIOR VICE PRESIDENT/GROUP PUBLISHER Scott Mortimer
VICE PRESIDENT/GROUP EDITORIAL DIRECTOR Stephen Orr
ASSOCIATE BUSINESS DIRECTOR Jenna Bates
BUSINESS MANAGER Lisa Carlson

ADVERTISING/ADVERTISING OPERATIONS
SENIOR VICE PRESIDENT/GROUP PUBLISHER MEREDITH FOOD GROUP, ADVERTISING SALES Mark Josephson
ASSOCIATE PRODUCTION DIRECTOR Patrick McGowan
PRODUCTION MANAGER Angela Schopp

All content in *Hungry Girl*, including medical opinion and any other health-related information, is for informational purposes only and should not be considered to be a specific diagnosis or treatment plan for any individual situation. Use of this magazine and the information contained herein does not create a doctor-patient relationship. Always seek the advice of your doctor in connection with any questions or issues you may have regarding your health or the health of others.

Get MORE Hungry Girl



For the latest healthy recipes, food finds, tips & tricks, and MORE...

Check out the best-selling cookbooks wherever books are sold

Listen to the *Hungry Girl: Chew the Right Thing!* podcast

Join the Hungry Girl Community: What's Chewin'? group on Facebook

Follow Hungry Girl on Facebook and Instagram for Lisa's LIVE cooking demos, prizes & so much more!

Shop Hungry Girl favorites at hungry-girl.com/amazon

AND OF COURSE...
Sign up for FREE daily emails at hungry-girl.com!

ME SO HUNGRY

Contents FALL 2021

DEPARTMENTS

1 WELCOME TO HUNGRY GIRL!
Greetings from Lisa: behind the scenes of this issue.

6 RECIPE GUIDE
Your At-a-Glance Recipe Guide A sneak peek at every single recipe inside—all 70 of them!

8 IN THIS ISSUE
Bitty Bites! For fun facts about this issue's topics, flip here immediately.

10 FOOD FIGHT
Secret Ingredient All-Stars All-natural cheese powder, the trick to thicker smoothies, a zero-calorie swap for brown sugar… The secrets are out!

GHIRARDELLI
PREMIUM COCOA POWDER
MAJESTIC

14 HUNGRY GIRL HOW-TO
Build Your Own Charcuterie Board Make your own healthy & impressive snack spread with this super-helpful guide.

16 TIPS & TRICKS
The Ultimate Make & Freeze Guide Simple strategies to help you pack your freezer with DIY meals that you can enjoy anytime.

42 HUNGRY GIRL MVP
Grounds for Success! Instant coffee doesn't get the credit it deserves—here are four creative recipes that call for it!

78 SUCCESS STORIES
The Sweet Taste of Success Inspiring stories from readers about how they developed healthy habits and shed the excess pounds that were weighing them down.

86 GO GO GADGET
10 Unexpected Ways to Use Your Air Fryer The popular countertop cooker can do way more than just make healthier french fries…

88 READ IT AND EAT
Intuitive Eating: A Registered Dietitian's Perspective Registered Dietitian (and Hungry Girl pal) Bonnie Taub-Dix offers her insights on the of-the-moment eating style.

90 SHOP TO IT
27 Insanely Healthy Foods in the Inner Aisles Who says you need to stick to the outer aisles at the grocery store? You'll miss all this goodness!

92 BOW WOW BITES
7 Amazing Health Perks of Having a Pet … with Joy Bauer! Learn about the health benefits of housing a furry friend…

94 FUN WITH HUNGRY GIRL
Crossword Time! Can you solve this foodie puzzle? Find out!

96 THE LAST THING
Personal tidbits from Hungry Girl herself.

EVERYDAY INGREDIENTS | QUICK & EASY MEALS
Hungry Girl
THE FALL ISSUE
70 HEALTHY & COMFORTING RECIPES
GENIUS AIR-FRYER IDEAS
SLOW-COOKER CREATIONS
CHICKEN DINNERS FOR DAYS

ON THE COVER

PHOTO
Carson Downing

FOOD STYLING
Kelsey Moylan

ART DIRECTION
Alexis West-Huntoon

OUR SOCIAL MEDIA!

Follow Lisa for the latest food news, pop-up polls, giveaways, and recipe fun! ***facebook.com/hungrygirl***

Bite-size content served up daily, straight from Lisa's phone to yours! ***instagram.com/hungrygirl***

Peruse the recipe boards, and pin your favorites… It's like the ultimate online recipe box! ***pinterest.com/hungrygirl***

RECIPE FEATURES

18 **QUESADILLA BASH!**
You've never had quesadillas like these! Get ready to party with six unexpected spins on the Mexican favorite.

24 **6 MEALS TO MAKE WITH ROTISSERIE CHICKEN**
A precooked chicken from the grocery store is the perfect shortcut meal starter! Pizza, stuffed potatoes, salads, and beyond.

30 **JUST (2-INGREDIENT) DOUGH IT!**
It doesn't get much easier than 2-ingredient dough, and there's so much you can do with the simple base!

36 **MMMM... MEALS IN MUGS!**
Cook up a meal for one right in your microwave. Mini casserole, single-serving pot pie, and more.

44 **FALL FAVORITES**
Cooking with the veggies and fruits of the season is budget-friendly and nutritious. For serious autumnal flavor, look no further.

52 **CROCK AROUND THE CLOCK**
Break out that slow cooker, because you're about to put it to work. These recipes take you from breakfast to dinner and all the way through dessert.

60 **RESTAURANT REDO!**
Make over your restaurant favorites at home for less cash and fewer calories.

66 **FRUITS & VEGGIES SANDWICH STYLE!**
If you haven't tried produce on the outside of your sandwich, get ready for a serious snack upgrade...

68 **FUN WITH MAC & CHEESE**
Take your boxed mac 'n cheese up a notch! Start with the perfect lightened-up recipe, and the sky's the limit.

72 **WORLD'S EASIEST CHOCOLATE CAKE 5 WAYS**
Skip the box directions on that cake mix! Whip up these delicious desserts instead.

Your at-a-glance recipe guide

BREAKFASTS

20 🟠🔵
Bacon & Cheddar Breakfast Quesadilla

31 🟠🔵🟢
Cinnamon Roll Breakfast Treats

43 🔵🟡🟢
Vanilla Latte Growing Oatmeal

43 🟠🔵🟢
Pumpkin Spice Latte Donuts

50 🟠🔵🟡🟢
Sweet Potato Home Fries

51 🟠🟡🟢
Pumpkin Pecan Blender Muffins

53 🔵🟡🟢
Make-Ahead Growing Oatmeal

53 🟢
Peaches & Cream French Toast

84 🟡🟢
Roasted Veggie Egg Bakes

86 🟠🔵🟡🟢
Air-Fryer Breakfast Cookies

87 🟠🔵🟡🟢
Air-Fryer Egg Bites

LUNCHES, DINNERS & MINI MEALS

19 🟠🟢
Mediterranean Veggie Quesadilla

22 🟠
Southwest BBQ Chicken Quesadilla

23 🟠
Thanksgiving Quesadilla

23 🟠
Philly Cheesesteak Quesadilla

23 🟠🔵🟢
Meatless Cheeseburger Quesadilla

26 🟠🟡
Buffalo Chicken Stuffed Potatoes

27 🟠
Garlic Chicken White Pizza

28 🟠🟡
Scoopable Rotisserie Chicken Salad

29 🟠🟡
Mediterranean Chicken Zucchini Boats

29
Chicken & Apple Stuffing Casserole

32 🟠
Hawaiian Calzones

37 🟠🟡
Creamy Cajun Chicken with Zoodles

38 🟠🟡🟢
3-Bean Chili 4 One

39 🟠🟡🟢
Individual Enchilada Casserole

40 🟠
Topless Turkey Pot Pie

41 🟠🟡
Turkey Meatloaf for Me

41 🟠
Everything Cauliflower Fried Rice

47 🟡
Chicken Sausage & Root Veggies

51 🟠🟡
Turkey Apple Stir-Fry

54 🟡
Tropical Chicken Fajitas

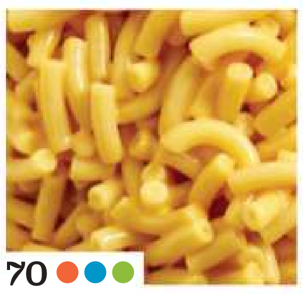
55 🟡
Sweet & Saucy BBQ Steak Bites

57 🟡
Brown Sugar Garlic Pork Tenderloin

64 🟡
Steak Squash-fredo

65 🟠🟡
Chicken Brianna

67 🟠🟡
Open-Faced Tuna Pepper Sandwich


70 🟠🔵🟢
Lightened-Up Easy Mac & Cheesy

70 🟠
Mac & Cheese Primavera

70 🟠🔵
Easy Cheesy Tuna Mac

71 🟠🟢
Mac & Cheese Tacos

84
Instant Pot Italian Meatballs

85 🟠🔵🟡
Air-Fryer Asian Chicken Burgers

87 🔵
Air-Fryer Meatloaf

SNACKS, SIDES & MORE

29 🟠

Cranberry Chicken Slaw

33 🟠🔵

Pigs in an Everything Bagel Blanket

34 🟠🔵🟢

Cheesy Mexican Bagel Bites

34 🟠🔵🟢

Muffin-Pan Deep-Dish Pizzas

47 🔵🟡🟢

Balsamic Brussels Sprouts

48 🔵🟡🟢

Autumn Roasted Butternut Squash

56 🟡🟢

Low & Slow Ratatouille

61 🟠

Tex-Mex Chicken Egg Rolls

62 🟢

Cheddar Lake Biscuits

63 🟡🟢

Cheesy Broccoli Soup

64 🟠🟢

Sweet & Spicy Eggplant

67 🟠🟡

Apple Club Sandwiches

67 🟡🟢

Fork 'n Knife Eggplant Caprese Sandwiches

67 🟠🔵🟡🟢

Fancy Pants Pear Sandwiches

71

BLT Mac & Cheese Egg Rolls

DESSERTS

35 🟠🟢

Blueberry Blintz Pockets

43 🟠🟡🟢

Cappuccino Chip Cheesecake Dip

43 🟠🟢

Mocha Magic Cake in a Mug

58 🟢

Mixed Berry Dump Cake

58 🟢

Apple Cranberry Cobbler Cake

73 🔵🟢

Triple Chocolate Cake

74 🔵

S'mores Cake

75 🔵🟢

Peanut Butter Explosion Chocolate Cake

76 🔵🟢

Black Forest Cake

77 🔵🟢

Chocolate Turtle Cake

85 🔵🟡🟢

Scoopable Slow-Cooker Apple Pie

RECIPE SYMBOLS 101

Keep an eye out for these icons!

🟠 30m

30 MINUTES OR LESS
Each of these recipes will take you half an hour max from start to finish!

🔵 5i

5 INGREDIENTS OR LESS
These recipes have no more than FIVE main ingredients. (Basic seasonings and sweeteners don't count!)

🟡 GF

GLUTEN-FREE
Heads up: Even naturally gluten-free foods may contain a hint of gluten due to cross-contamination or added ingredients. Check those labels!

🟢 V

VEGETARIAN
These recipes are lacto-ovo vegetarian: no red meat, poultry, seafood, or ingredients made with those foods (like chicken broth).

The WW (formerly Weight Watchers) values for these recipes can be found at hungry-girl.com/magazine.

*The *SmartPoints*® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the recipe or developer by WW International Inc., the owner of the *SmartPoints*® registered trademark.

bitty bites!

Before you dig into this issue, check out these fun foodie facts related to what's inside...

90

SUPERMARKET SWEEP

The first American supermarket—Piggly Wiggly—debuted in 1916, but shopping carts didn't hit the scene until 1937. You'll definitely **need a grocery cart** once you scope out our list of healthy products from the inner aisles!

14

YOU CHEDDAR BELIEVE IT

It's reported the most expensive charcuterie board included French truffles and cheddar made with gold leaf... all served on a silver tray. **It reportedly cost over $3,000!** Our charcuterie guide has delicious ideas that are easier to find and easier on the wallet!

BETTER CHOCO-LATE THAN NEVER

72

Until the mid-1800s, chocolate was primarily consumed in drink form: nothing to chew in sight. We're glad chocolate baked goods eventually came into existence, and we've got **five easy ways** to kick chocolate cake up a notch!

NICE TO SEE YA, QUESADILLA!

18

Here's a shocker: In Mexico City, quesadillas don't automatically come with cheese. **You have to request them "con queso."** No special requests needed when it comes to our recipes.

24

CUCKOO FOR CHICKEN

Think you have a soft spot for chicken? Napoleon was such a big lover of rotisserie chicken, he's said to have **traveled with roasted chicken** as his only provision. Now if he only had our recipes...

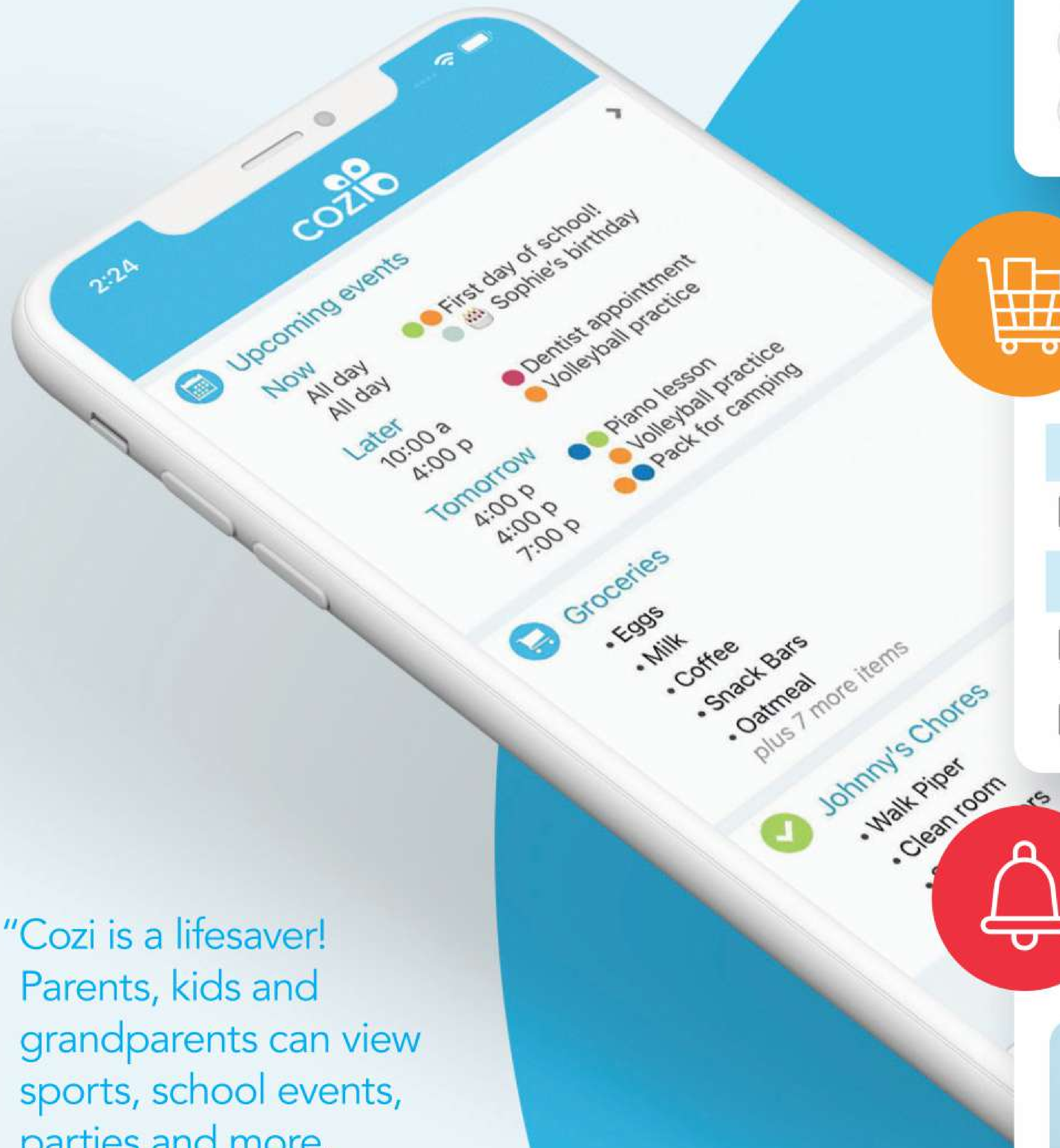
42

FILL 'ER UP

Get this: Next to oil, coffee is the second most valuable legally traded commodity in the world. **Bonus fact:** New Yorkers drink about seven times as much as other U.S. city dwellers! If you want to have your coffee and eat it too, our latest creations are waiting for you.

cozi Family life. Simplified.

The must-have app for back to school


2:24

cozi

Upcoming events

Now
All day First day of school!
All day Sophie's birthday

Later
10:00 a Dentist appointment
4:00 p Volleyball practice

Tomorrow
4:00 p Piano lesson
4:00 p Volleyball practice
7:00 p Pack for camping

Groceries
- Eggs
- Milk
- Coffee
- Snack Bars
- Oatmeal

plus 7 more items

Johnny's Chores
- Walk Piper
- Clean room

A color-coded calendar for the whole family to share

The Williams Family

- Claire
- Michael
- Johnny
- Sophie
- Piper

A shared list so anyone can add items and pick up the groceries

MEAT

☐ Chicken

PRODUCE

☐ Lime

☐ 2 Green Bell Peppers

Cozi will notify others and send reminders—so you don't have to!

COZI

9/8 4:00 pm

Reminder: Carpool pickup

"Cozi is a lifesaver! Parents, kids and grandparents can view sports, school events, parties and more. We're all in sync."

Cozi Family Organizer

★★★★★ 250,000 5-star ratings!

Scan with your phone camera to get Cozi – **it's FREE!**

Download on the App Store

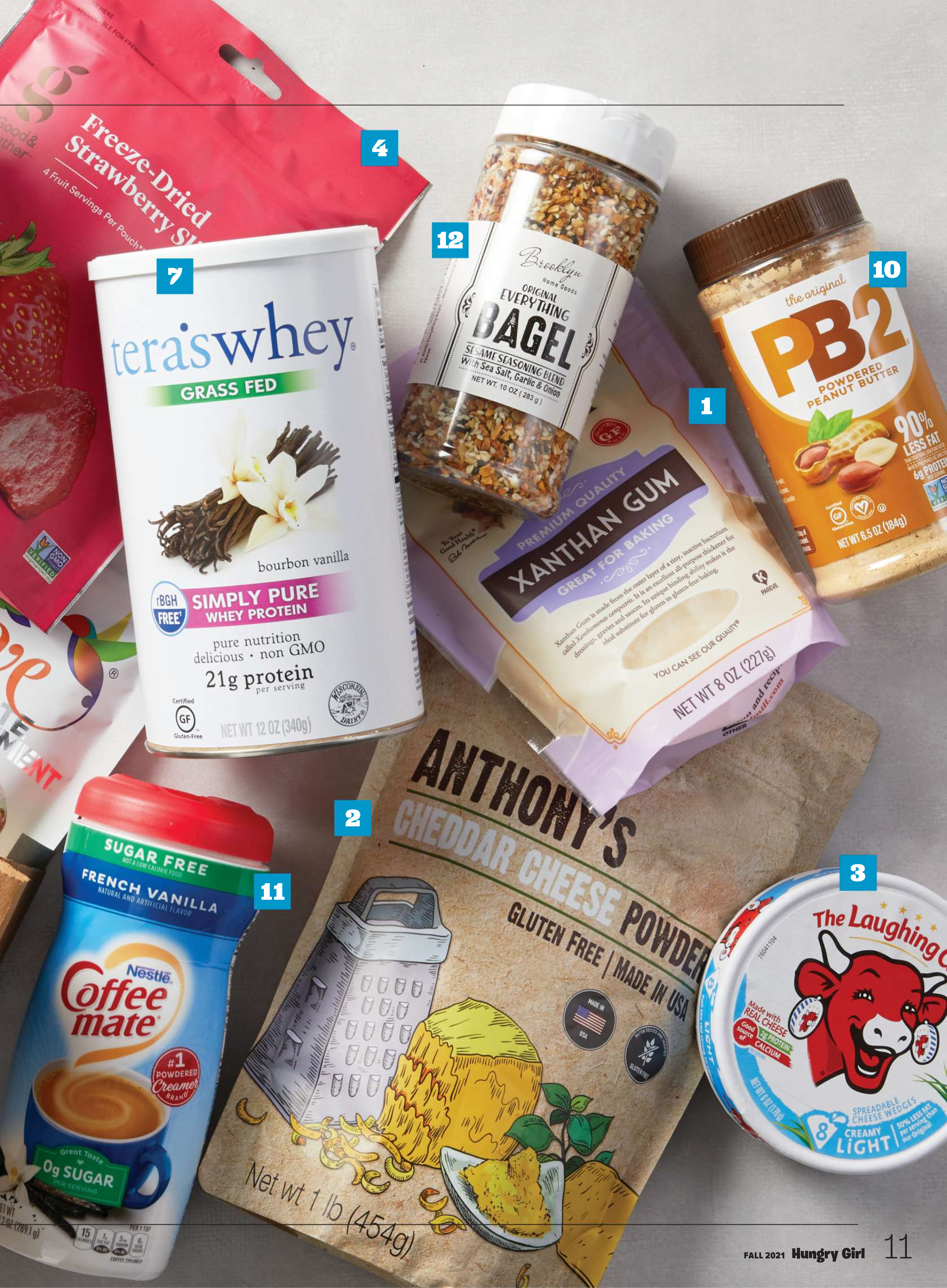
GET IT ON Google Play

© 2021 Cozi Inc. Cozi is a registered trademark of Cozi Inc.

SECRET INGREDIENT ALL-STARS

Ready to take your kitchen game to the next level? Add these under-the-radar ingredients to your shopping list!

9
truwhip SKINNY WHIPPED TOPPING
5
GHIRARDELLI PREMIUM COCOA POWDER MAJESTIC
8
Citric Acid For home canning tomatoes
6
Swerve THE ULTIMATE SUGAR REPLACEMENT


4
Good & Gather
Freeze-Dried Strawberry Sl
4 Fruit Servings Per Pouch
12
Brooklyn Home Goods
Original Everything Bagel
Sesame Seasoning Blend
With Sea Salt, Garlic & Onion
NET WT. 10 OZ (283 g)
10
the original
PB2
Powdered Peanut Butter
90% Less Fat
NET WT 6.5 OZ (184g)
7
tera's whey
GRASS FED
bourbon vanilla
rBGH FREE
SIMPLY PURE WHEY PROTEIN
pure nutrition
delicious · non GMO
21g protein per serving
NET WT 12 OZ (340g)
1
PREMIUM QUALITY
XANTHAN GUM
GREAT FOR BAKING
YOU CAN SEE OUR QUALITY
NET WT 8 OZ (227g)
2
ANTHONY'S
CHEDDAR CHEESE POWDER
GLUTEN FREE | MADE IN USA
Net wt 1 lb (454g)
11
SUGAR FREE
FRENCH VANILLA
NATURAL AND ARTIFICIAL FLAVOR
Nestlé Coffee mate
#1 POWDERED Creamer BRAND
0g SUGAR PER SERVING
3
The Laughing C
SPREADABLE CHEESE WEDGES
8 CREAMY LIGHT

1

THE TEXTURE PERFECTOR: XANTHAN GUM

1 tsp.: 10 calories, 0g total fat

Just a tiny bit of this miracle powder really amps up the consistency of your blended creations! From smoothies and coffee drinks to salad dressings and sauces, it makes everything thicker and creamier without changing the flavor or adding many calories. Remember... a little goes a long way! Find it in the baking aisle of the grocery store.

2

MOST WORTH ORDERING ON AMAZON: ANTHONY'S CHEDDAR CHEESE POWDER

2 Tbsp.: 70 calories, 4.5g total fat

This cheesy pixie dust is exploding with flavor! It's the easiest way to make anything taste like cheddar. Mix with a small amount of water for instant cheese sauce reminiscent of blue-box mac & cheese. You can also stir it into soups, add it to casseroles, sprinkle it over popcorn, and more. Bonus: No artificial colors or weird ingredients.

3

recipe alert: thanksgiving quesadilla (page 23), cheesy mexican bagel bites (page 34)

THE MAKES EVERYTHING BETTER AWARD: THE LAUGHING COW CREAMY LIGHT SPREADABLE CHEESE WEDGES

1 wedge: 30 calories, 1.5g total fat

Since we're talking cheese, let's keep that wheel rolling. A longtime Hungry Girl staple, these individually wrapped wedges have a habit of elevating whatever food you add them to. Mix into sauces, spread onto apple slices, stir into egg scrambles, coat your steamed veggies—they're pretty much welcome everywhere! ***Hot tip: Spread a wedge onto corn on the cob... Mmmm!***

7

THE SUPRISING COOKING INGREDIENT: PROTEIN POWDER

1 oz.: 100 calories, 1.5g total fat

You probably think of meal replacement shakes when someone mentions protein powder, but this nutrient-packed powerhouse works wonderfully in baked goods, pancakes, frozen coffee drinks, and more. Dissolve it in liquid, or whisk it straight into batter. It will help you feel fuller, adds flavor, and can even replace some of the flour in recipes. Look for options with around 100 calories and 20g protein per serving (1–2 scoops).

8

THE SOUR (IN A GOOD WAY) SUPERSTAR: CITRIC ACID

¼ tsp.: 5 calories, 0g total fat

Have you ever wanted to add a hint of tartness to something without adding a lot of liquid (à la lemon juice)? Citric acid powder is here to deliver. It tastes like the coating on Sour Patch Kids (only less gritty), and it does an ingenious job of balancing the sweetness in drinks, desserts, and beyond. Find it at the grocery store, either with the baking ingredients or the canning supplies.

9

recipe alert: cappuccino chip cheesecake dip (page 43)

THE FREEZER-AISLE PHENOMENONS: TRUWHIP SKINNY AND SO DELICIOUS DAIRY FREE COCOWHIP LIGHT

2 Tbsp.: 25 calories, 1.5–2g total fat

Both of these frozen whipped toppings are made from natural ingredients. They're perfect for creamy dessert dips, dreamy blended beverages, fluffy pie fillings... or even just topping off a bowl of fruit. Our freezer is never without a tub.

4

Freeze-Dried Strawberry Slices

***recipe alert:* blueberry blintz pockets (page 35)**

MOST UNEXPECTED USES: FREEZE-DRIED FRUIT

¼ cup: 25 calories, 0g total fat

We won't stop until this find is known by all! Freeze-dried fruit is like the light & crispy sibling of traditional (shriveled) dried fruit: You can eat much more of it for the same calorie count, and the crunch factor is real. Add to pancake batter and baked goods for juicy bits of flavor. Stir into fruity drinks and watch the pieces rehydrate. Toss into snack mixes for a fruity crunch. Sprinkle over yogurt, cottage cheese... even ice cream! Find it in the snack aisle with the other dried fruit.

5

GHIRARDELLI
PREMIUM COCOA POWDER
MAJESTIC

***recipe alert:* mocha magic cake in a mug (page 43)**

THE HIDDEN IN PLAIN SIGHT AWARD: UNSWEETENED DARK OR PREMIUM COCOA POWDER

1 Tbsp.: 10–20 calories, 0.5–1g total fat

Sure, you know about cocoa powder, but DARK or PREMIUM cocoa powder (sitting quietly beside the standard kind) is in a league of its own! It infuses foods and drinks with intensely rich chocolate flavor for very few calories. Use it anywhere you'd use traditional cocoa, and prepare to taste the difference.

6

Swerve
THE ULTIMATE SUGAR REPLACEMENT

THE NEW SWEETENER ON THE BLOCK AWARD: SWERVE BROWN SUGAR REPLACEMENT

1 tsp.: 0 calories, 0g total fat

This may be the best sugarless brown sugar swap on the planet. The taste and texture are spot on, and it's an absolute must for anyone who likes to bake (or just likes freshly baked treats). We especially love that it measures just like real sugar; no math needed when using it in recipes that call for brown sugar.

10

PB2
POWDERED PEANUT BUTTER
90% LESS FAT

***recipe alert:* peanut butter explosion chocolate cake (page 75), air-fryer breakfast cookies (page 86)**

THE CALORIE-SAVING SUPERSTAR: POWDERED PEANUT BUTTER

2 Tbsp.: 50 calories, 2g total fat

No secret-ingredient list would be complete without powdered PB. Essentially defatted peanuts turned into flour, it's an amazing way to impart peanut butter flavor into baked goods, smoothies, dips, fillings, sauces, and more. Or just mix it with water, sweetener, and salt for a low-calorie nut butter! Find it in the peanut butter aisle or buy it on Amazon.

11

SUGAR FREE
FRENCH VANILLA
Coffee mate

***recipe alert:* vanilla latte growing oatmeal (page 43)**

THE SHOCKINGLY VERSATILE AWARD: COFFEE MATE SUGAR-FREE FRENCH VANILLA POWDERED CREAMER

1 tsp.: 15 calories, 1g total fat

When it comes to adding concentrated creamy vanilla sweetness without overdoing it on calories, it doesn't get better than this. Unlike liquid creamer, a mere teaspoon of powder delivers big flavor and creaminess. And it's not just for hot beverages. Dissolve it in a small amount of hot water, and then add it to cold drinks, dessert recipes... anywhere you need a decadent boost!

12

EVERYTHING BAGEL

***recipe alert:* pigs in an everything bagel blanket (page 33)**

WORST-KEPT SECRET: EVERYTHING BAGEL SEASONING

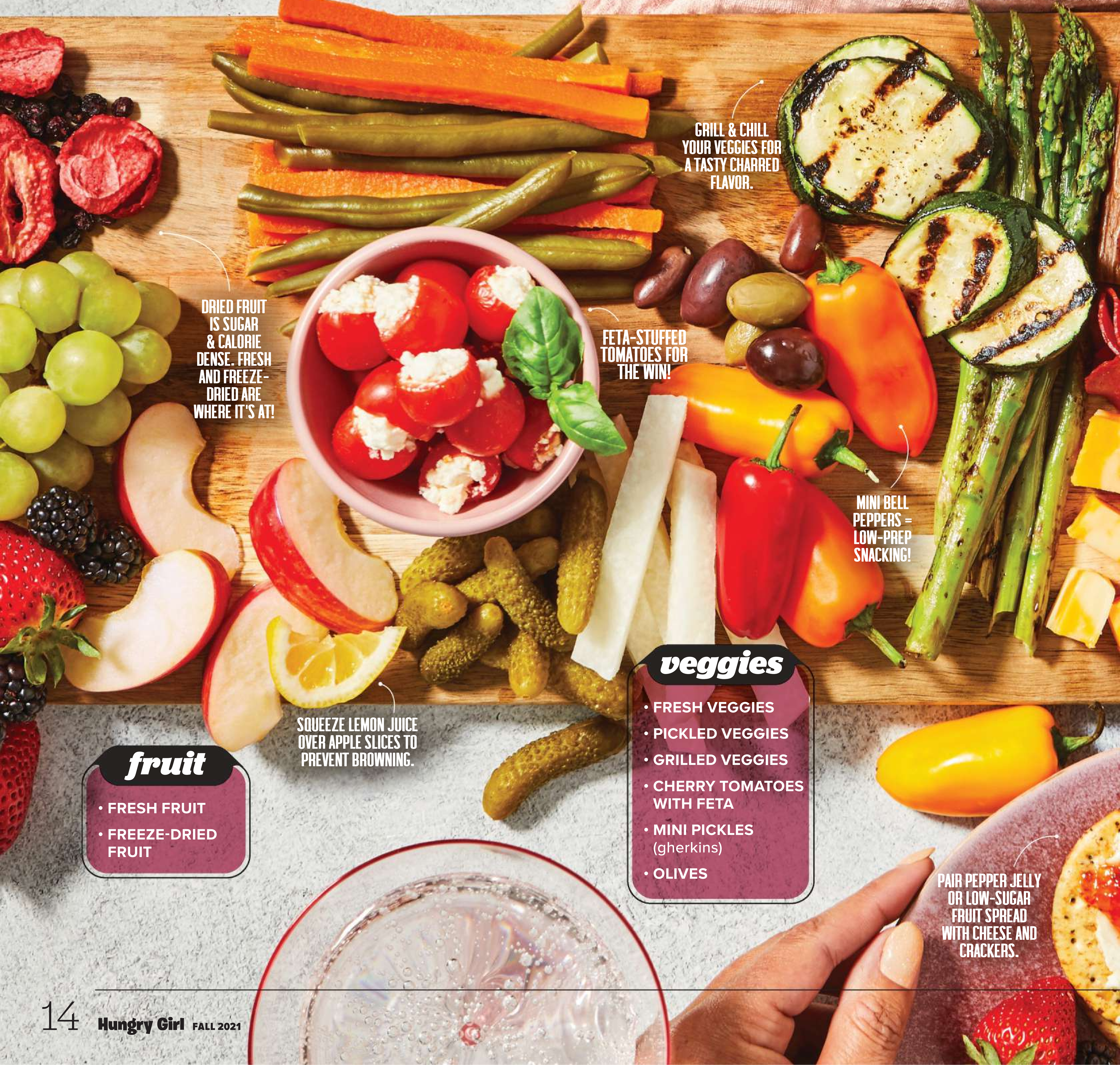
¼ tsp.: 5 calories, 0g total fat

This bagel-inspired spice blend has quickly become the go-to seasoning for savory dishes of all kinds. A mix of poppy seeds, sesame seeds, minced garlic, minced onion, and coarse salt, it adds unreal appeal to salmon, avocado, eggs, chicken, dips, spreads... We're hard-pressed to come up with a food it can't improve! ***HG tip: Hop onto Amazon to score an oversized bottle on the cheap.***

Hungry Girl How-To

BUILD YOUR OWN *charcuterie board*

Charcuterie boards are fun assortments of meats, cheeses, and other tasty treats. Here's how to make one with a better-for-you twist!



GRILL & CHILL YOUR VEGGIES FOR A TASTY CHARRED FLAVOR.

DRIED FRUIT IS SUGAR & CALORIE DENSE. FRESH AND FREEZE-DRIED ARE WHERE IT'S AT!

FETA-STUFFED TOMATOES FOR THE WIN!

MINI BELL PEPPERS = LOW-PREP SNACKING!

SQUEEZE LEMON JUICE OVER APPLE SLICES TO PREVENT BROWNING.

PAIR PEPPER JELLY OR LOW-SUGAR FRUIT SPREAD WITH CHEESE AND CRACKERS.

fruit

- FRESH FRUIT
- FREEZE-DRIED FRUIT

veggies

- FRESH VEGGIES
- PICKLED VEGGIES
- GRILLED VEGGIES
- CHERRY TOMATOES WITH FETA
- MINI PICKLES (gherkins)
- OLIVES

meat

- TURKEY PEPPERONI
- MEAT SNACKS
- REDUCED-SODIUM DELI MEAT

dips

- HUMMUS
- HONEY
- DESSERT HUMMUS
- LOW-SUGAR FRUIT SPREADS
- PEPPER JELLY

MEAT SNACKS ARE THE NEW JERKY! CHOOSE ONES WITH 100 CALORIES OR LESS.

PARMCRISPS ARE LOW-CARB CRISPS MADE ENTIRELY FROM CHEESE.

SPREADABLE CHEESE IS PERFECT FOR CRACKERS.

WHOLE GRAINS = FIBER BOOST!

cheese

- MINI BABYBEL
- THE LAUGHING COW SPREADABLE CHEESE WEDGES
- LIGHT STRING CHEESE
- REDUCED-FAT CHEESE

CUT-UP STRING CHEESE = BRILLIANT!

crunch

- FLAVORED ALMONDS
- WHOLE-GRAIN CRACKERS
- BAKED/FREEZE-DRIED CHEESE SNACKS

WRAP DELI MEAT SLICES AROUND VEGGIES. HELLO, PROTEIN ROLLUP!

the ultimate MAKE & FREEZE guide

Don't let all that hard work go to waste... Freeze your leftovers! You'll save time and money. It's as easy as 1, 2, 3.

1 STORE

- Let the food cool to room temperature. (Warm food may raise the temperature of other items in your freezer.)
- Portion out servings into individual containers and bags. Save any fresh toppings for day-of eating.
- Label with the item's name and the date.

2 FREEZE

- Don't refreeze something raw that has previously been thawed. If you thawed too much meat, go ahead and cook it all. Then freeze any extra cooked meat for later.
- A full freezer is an efficient freezer. Keep your freezer stocked to keep temperatures low and prevent freezer burn!
- Stored properly, your food can last for months in the freezer.

3 THAW

- Move your leftovers to the fridge the night before eating. Then reheat when you're ready to eat.
- If heating straight from the freezer, microwave at 50% power until thawed. Then cook in 1-minute increments until heated.
- Have an air fryer? After thawing, use it to reheat foods like meatloaf, burgers, and baked chicken!

Freezer 101

What to Freeze

- Baked Goods
- Soups/Stews
- Stir-Frys
- Meatloaf
- Casseroles
- Cooked Chicken, Fish, and Meat
- Burger Patties
- Meatballs

What NOT to Freeze

- Eggs
- Breaded Dishes
- Spaghetti Squash
- Zucchini Noodles
- Dips
- Fries
- Salads
- Slaws
- Veggie Noodle Dishes

11-14-21
Sharpie
Permanent Marker

MUST-HAVE FREEZER ACCESSORIES

Keep your kitchen stocked with these must-have meal-prep supplies.

Containers with different-size sections

Plastic wrap for baked goods

Gallon-size sealable freezer-safe bags

Masking tape and a permanent marker for labeling

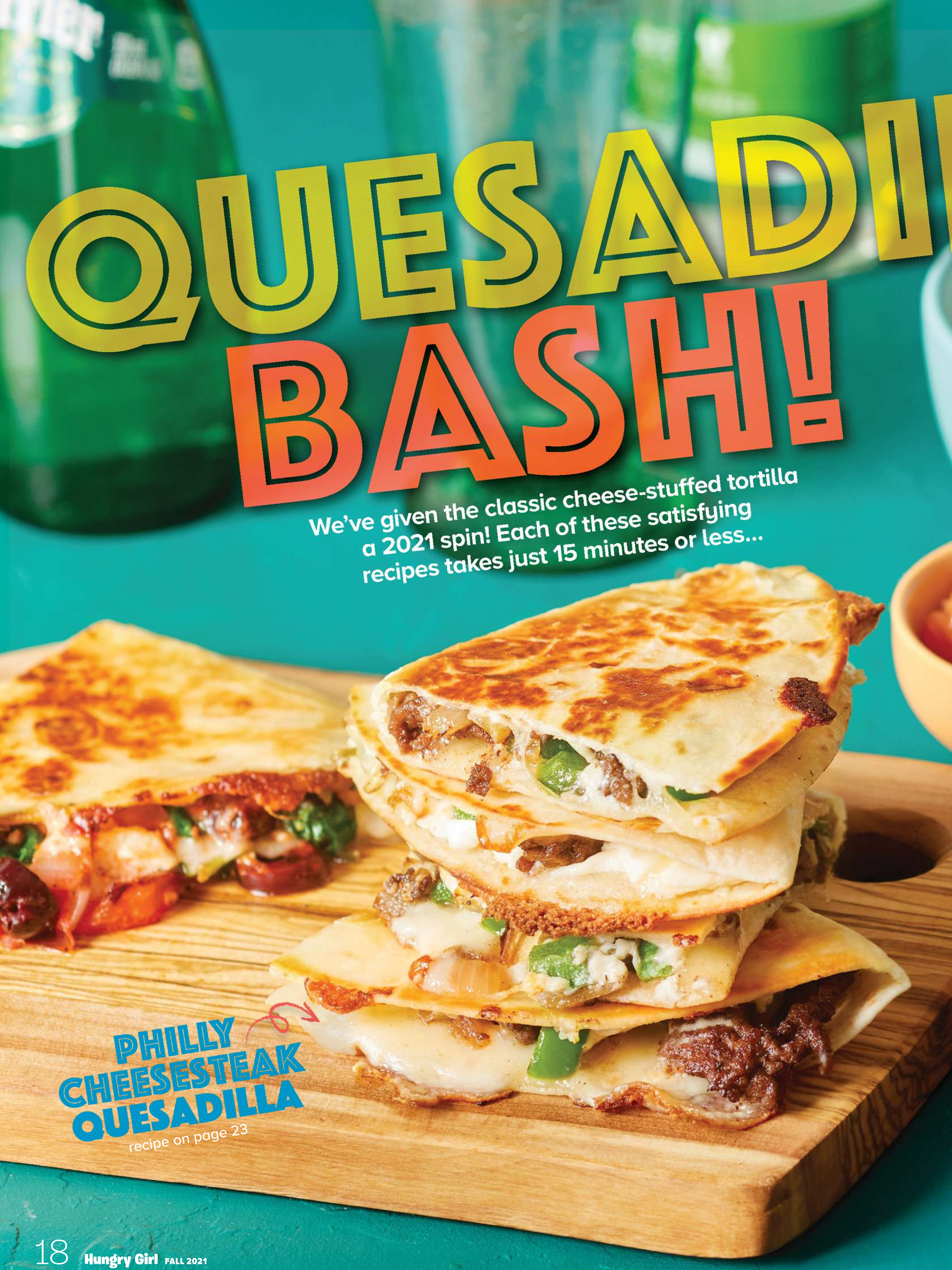
Ice cube trays for freezing stock, broth, herbs, and sauces

Round, stackable containers for soups

Vacuum sealer (if you're feeling high tech)

QUESADI
BASH!

We've given the classic cheese-stuffed tortilla a 2021 spin! Each of these satisfying recipes takes just 15 minutes or less...



PHILLY CHEESESTEAK QUESADILLA

recipe on page 23

LLA
MEDITERRANEAN VEGGIE QUESADILLA

mediterranean veggie quesadilla

PREP 5 MINUTES
COOK 5 MINUTES

ENTIRE RECIPE: 238 calories, 12g total fat (6g sat. fat), 820mg sodium, 25g carbs, 12.5g fiber, 3.5g sugars, 16g protein 30m V

2	cups chopped spinach
2	Tbsp. chopped red onion
2	Tbsp. crumbled feta cheese
2	Tbsp. canned crushed tomatoes
¼	tsp. Italian seasoning
1	low-carb flour tortilla with 70 calories or less
3	Tbsp. shredded part-skim mozzarella cheese
¼	cup chopped tomatoes
2	Tbsp. sliced black or Kalamata olives

1. Spray a microwave-safe mug or bowl with nonstick spray. Add spinach and onion. Microwave for 1 minute, or until spinach has wilted and onion has softened. Stir in feta, crushed tomatoes, and Italian seasoning.

2. Bring a skillet sprayed with nonstick spray to medium heat. Add tortilla, and top with mozzarella. Top one half with spinach mixture, chopped tomatoes, and olives. Cook until mozzarella has melted, about 2 minutes.

3. Fold the cheese-only tortilla half over the filling with a spatula, and press lightly to seal. Carefully flip and cook until crispy, 1-2 minutes.

MAKES 1 SERVING

bacon & cheddar breakfast quesadilla

PREP 5 MINUTES
COOK 10 MINUTES

ENTIRE RECIPE: 248 calories, 10g total fat (5g sat. fat), 861mg sodium, 17.5g carbs, 9.5g fiber, 0.5g sugars, 28g protein 30m 5i

- **½ cup (about 4 large) egg whites or fat-free liquid egg substitute**
- **⅛ tsp. garlic powder**
- **⅛ tsp. onion powder**
- **1 low-carb flour tortilla with 70 calories or less**
- **¼ cup reduced-fat cheddar cheese**
- **1 Tbsp. precooked crumbled or torn bacon**

1. Bring a skillet sprayed with nonstick spray to medium heat. Add egg whites/substitute and seasonings. Cook and scramble until fully cooked, about 3 minutes. Transfer to a bowl.

2. Clean skillet, if needed. Respray and return to medium heat. Add tortilla, and top with cheese. Top one half with the egg scramble and bacon. Cook until cheese has melted, about 2 minutes.

3. Fold the cheese-only tortilla half over the filling with a spatula, and press lightly to seal. Carefully flip and cook until crispy, 1–2 minutes.

MAKES 1 SERVING

THANKSGIVING QUESADILLA

recipe on page 23

Tortilla 101

Words to look for: Low-carb and high-fiber tortillas are generally lower in calories.

Sizes to look for: Choose soft taco size, about 8 inches in diameter. (Burrito sizes need not apply!)

BRAND SPOTLIGHT!
La Tortilla Factory

HG TIP
For more ways to use precooked chicken, flip to page 24.

southwest bbq chicken quesadilla

PREP 5 MINUTES
COOK 5 MINUTES

ENTIRE RECIPE: 292 calories, 10g total fat (4.5g sat. fat), 652mg sodium, 27.5g carbs, 10g fiber, 7.5g sugars, 30.5g protein 30m

2	**oz. cooked and chopped skinless chicken breast**
⅛	**tsp. garlic powder**
⅛	**tsp. onion powder**
1	**Tbsp. BBQ sauce**
1	**low-carb flour tortilla with 70 calories or less**
¼	**cup shredded reduced-fat Mexican-blend cheese**
2	**Tbsp. frozen sweet corn kernels, thawed**
1	**Tbsp. chopped fresh cilantro**
1	**Tbsp. finely chopped red onion**

1. In a small bowl, sprinkle chicken with seasonings. Add BBQ sauce, and stir to coat.

2. Bring a skillet sprayed with nonstick spray to medium heat. Add tortilla, and top one half with chicken mixture, followed by remaining ingredients. Cook until cheese has melted, about 2 minutes.

3. Fold the bare tortilla half over the filling with a spatula, and press lightly to seal. Carefully flip and cook until crispy, 1–2 minutes.

MAKES 1 SERVING

thanksgiving quesadilla

PREP 5 MINUTES
COOK 5 MINUTES

ENTIRE RECIPE: 210 calories, 7g total fat (3.5g sat. fat), 704mg sodium, 25g carbs, 10g fiber, 6.5g sugars, 18g protein 30m

- **1 wedge The Laughing Cow Creamy Light cheese**
- **1 low-carb flour tortilla with 70 calories or less**
- **Dash ground sage**
- **Dash ground thyme**
- **1 oz. (about 2 slices) reduced-sodium skinless turkey breast, chopped**
- **1 Tbsp. sweetened dried cranberries, chopped**
- **1 Tbsp. crushed croutons**
- **2 Tbsp. shredded part-skim mozzarella cheese**

1. Spread cheese wedge over half of the tortilla, and sprinkle with seasonings.

2. Bring a skillet sprayed with nonstick spray to medium-high heat. Add tortilla, and top the cheese-covered half with remaining ingredients. Cook until hot, about 2 minutes.

3. Fold the bare tortilla half over the filling with a spatula, and press lightly to seal. Carefully flip and cook until crispy, 1-2 minutes.

MAKES 1 SERVING

philly cheesesteak quesadilla

PREP 5 MINUTES
COOK 10 MINUTES

ENTIRE RECIPE: 267 calories, 13.5g total fat (7g sat. fat), 686mg sodium, 20.5g carbs, 10.5g fiber, 3g sugars, 25g protein 30m

- **2 oz. raw extra-lean ground beef (at least 96% lean)**
- **Dash garlic powder**
- **Dash onion powder**
- **Dash each salt and black pepper**
- **3 Tbsp. chopped green bell pepper**
- **3 Tbsp. chopped onion**
- **1 slice reduced-fat provolone cheese, torn into pieces**
- **1½ Tbsp. light/reduced-fat cream cheese**
- **1 low-carb flour tortilla with 70 calories or less**

1. Bring a skillet sprayed with nonstick spray to medium-high heat. Add beef, and sprinkle with seasonings. Add bell pepper and onion. Cook, stir, and crumble until beef is fully cooked and veggies have softened, about 4 minutes.

2. Transfer mixture to a bowl. Stir in provolone and cream cheese until thoroughly mixed and melted.

3. Clean skillet, respray, and bring to medium heat. Add tortilla, and top one half with beef mixture. Cook until hot, about 2 minutes.

4. Fold the bare tortilla half over the filling with a spatula, and press lightly to seal. Carefully flip and cook until crispy, 1-2 minutes.

MAKES 1 SERVING

HG FYI: With ground beef instead of steak, this is like a hybrid of a cheesesteak, quesadilla, AND cheeseburger!

meatless cheeseburger quesadilla

PREP 5 MINUTES
COOK 5 MINUTES

ENTIRE RECIPE: 205 calories, 9.5g total fat (4.5g sat. fat), 770mg sodium, 23g carbs, 13.5g fiber, 2g sugars, 17.5g protein 30m 5i V

- **½ cup meatless crumbles**
- **2 Tbsp. light/reduced-fat cream cheese**
- **1 Tbsp. chopped dill pickle, or more for topping**
- **1 tsp. yellow mustard, or more for topping**
- **Dash garlic powder**
- **Dash onion powder**
- **1 low-carb flour tortilla with 70 calories or less**
- **Optional topping: ketchup**

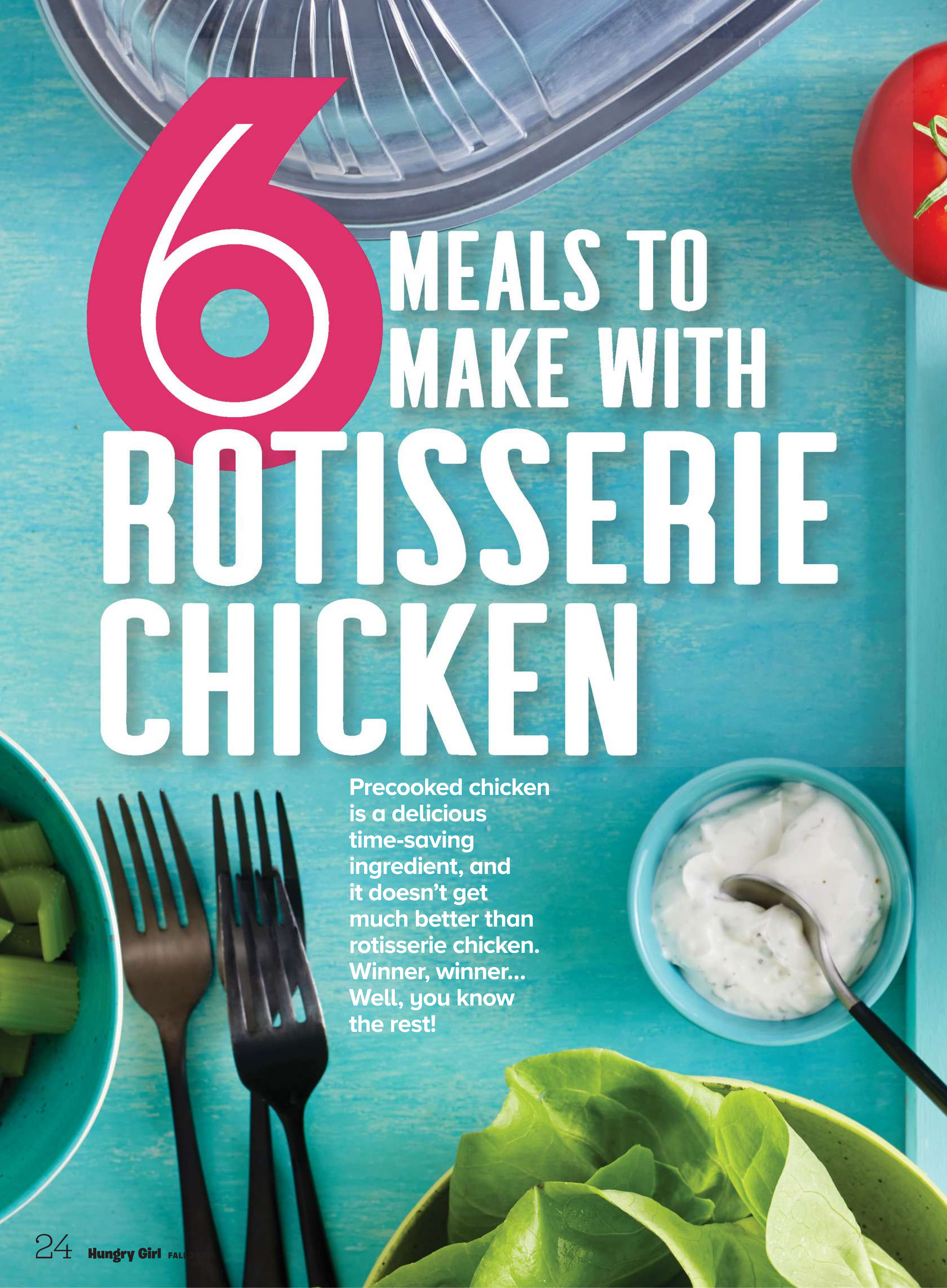
1. In a microwave-safe bowl, combine crumbles with cream cheese. Microwave for 30 seconds, or until cream cheese has melted. Mix well. Add pickle, mustard, and seasonings. Mix until uniform.

2. Bring a skillet sprayed with nonstick spray to medium heat. Add tortilla, and top one half with the filling. Cook until hot, about 2 minutes.

3. Fold the bare tortilla half over the filling with a spatula, and press lightly to seal. Carefully flip and cook until crispy, 1-2 minutes.

MAKES 1 SERVING

MEATLESS CHEESEBURGER QUESADILLA



6 MEALS TO MAKE WITH ROTISSERIE CHICKEN

Precooked chicken is a delicious time-saving ingredient, and it doesn't get much better than rotisserie chicken. Winner, winner… Well, you know the rest!

Rotisserie Chicken in 3, 2, 1...

BUY IT:
Find rotisserie chickens in the prepared foods or deli section of your supermarket.

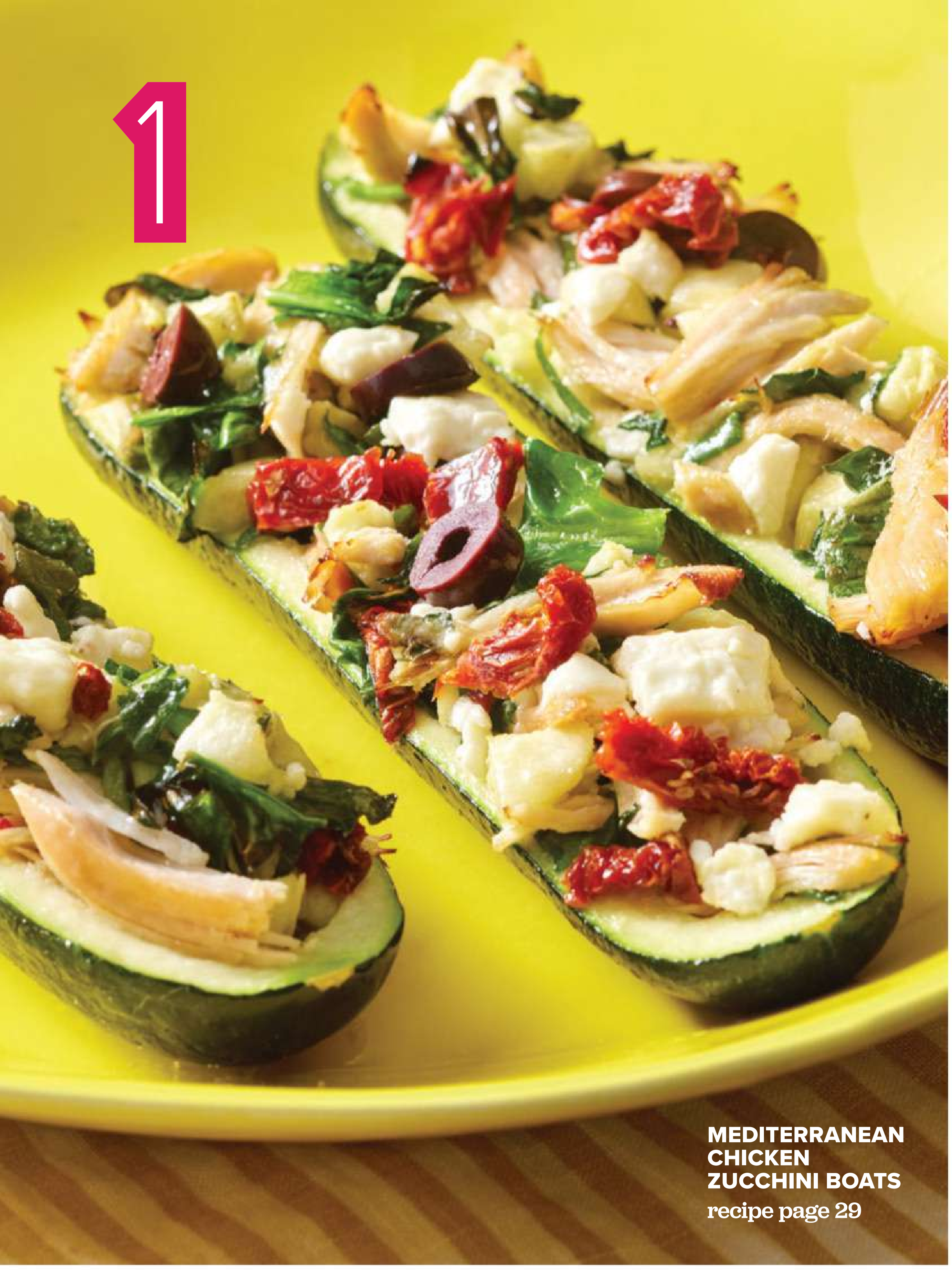
PREP IT:
Remove and discard the skin before pulling off the meat. Mix the white and dark meat together to use in these recipes!

STORE IT:
Refrigerate in a large resealable bag or container for up to 4 days, or freeze for up to 4 months.

HG TIP

Your average rotisserie chicken yields a little more than 1 lb. of meat. That's 4+ cups of shredded chicken.

1



MEDITERRANEAN CHICKEN ZUCCHINI BOATS
recipe page 29

2

CHICKEN & APPLE STUFFING CASSEROLE
recipe page 29

buffalo chicken stuffed potatoes

PREP 10 MINUTES | **COOK** 10 MINUTES

½ OF RECIPE (1 STUFFED POTATO): 248 calories, 10.5g total fat (5.5g sat. fat), 835mg sodium, 21g carbs, 2.5g fiber, 3g sugars, 18g protein 30m GF

2	**8-oz. (medium) russet potatoes**
¼	**cup light/reduced-fat cream cheese**
1½	**Tbsp. Frank's RedHot Cayenne Pepper Sauce**
¼	**cup chopped carrots**
¼	**cup chopped celery**
3	**oz. (about ¾ cup) shredded skinless rotisserie chicken**
2	**Tbsp. crumbled blue cheese**
2	**Tbsp. chopped scallions**

1. Peel a long 2-inch-wide strip of potato skin from top of each potato. Pierce potatoes several times with a fork. Microwave for 5 minutes, or until soft.

2. In a medium-large bowl, mix cream cheese with hot sauce until smooth and uniform.

3. Bring a skillet sprayed with nonstick spray to medium-high heat. Add carrots and celery. Cook and stir until slightly softened, about 3 minutes. Add chicken, and cook until hot, about 1 minute. Transfer to the bowl with the sauce mixture, and stir to coat.

4. Gently scoop out the insides of the potatoes. Discard half of the pulp (or reserve for another use). Add remaining pulp to the bowl, and mix well.

5. Scoop mixture into the potatoes. Top with blue cheese. Microwave for 1 minute, or until hot. Top with scallions.

MAKES 2 SERVINGS

HG FYI: Even an average-looking potato can weigh up to a pound. Pop your spuds on the store scale!

3

4

garlic chicken white pizza

PREP 10 MINUTES | **COOK** 15 MINUTES

ENTIRE RECIPE: 392 calories, 12.5g total fat (6g sat. fat), 715mg sodium, 36g carbs, 4g fiber, 4.5g sugars, 35.5g protein

- **3 Tbsp. light/low-fat ricotta cheese**
- **1 tsp. chopped garlic**
- **⅛ tsp. onion powder**
- **1 whole wheat pita**
- **2 oz. (about ½ cup) shredded skinless rotisserie chicken**
- **¼ cup shredded part-skim mozzarella cheese**
- **1 tsp. grated Parmesan cheese**
- **4 small tomato slices**
- **2 Tbsp. chopped fresh basil**

1. Preheat oven to 375°F. Spray a baking sheet with nonstick spray.

2. In a medium bowl, mix ricotta, garlic, and onion powder.

3. Place pita on the baking sheet, and spread with seasoned ricotta. Top with chicken, mozzarella, Parm, and tomato.

4. Bake until hot and lightly browned, 10-12 minutes.

5. Top with basil.

MAKES 1 SERVING

5

scoopable rotisserie chicken salad

PREP 5 MINUTES

¼ OF RECIPE (ABOUT ¾ CUP):
213 calories, 9g total fat (1.5g sat. fat), 546mg sodium, 5.5g carbs, 0.5g fiber, 2.5g sugars, 26g protein 30m GF

12	**oz. (about 3 cups) shredded skinless rotisserie chicken**
½	**cup finely chopped red onion**
¼	**cup finely chopped celery**
2	**Tbsp. chopped fresh dill**
½	**cup fat-free plain Greek yogurt**
¼	**cup light mayonnaise**
1	**Tbsp. ranch dressing/dip seasoning mix**
1	**tsp. lemon juice**
	Optional topping: additional chopped dill

1. In a large bowl, combine chicken, onion, celery, and dill. Mix well.

2. Combine remaining ingredients in a small bowl. Mix until smooth and uniform. Add to the large bowl, and toss to coat.

MAKES 4 SERVINGS

Serve It Up!

TRY IT IN:

- Lettuce cups
- A whole wheat pita
- Hard-boiled egg whites
- Bell pepper halves

mediterranean chicken zucchini boats

PREP 10 MINUTES
COOK 10 MINUTES
COOL 5 MINUTES

½ OF RECIPE (2 STUFFED ZUCCHINI HALVES): 180 calories, 7g total fat (3g sat. fat), 555mg sodium, 12.5g carbs, 3.5g fiber, 8g sugars, 18g protein 30m GF

2 medium-large zucchini, stem ends removed
½ tsp. garlic powder
½ tsp. onion powder
2 cups chopped spinach
3 oz. (about ¾ cup) shredded skinless rotisserie chicken
⅛ tsp. each salt and black pepper
¼ cup crumbled feta cheese
1 Tbsp. chopped sun-dried tomatoes (bagged or rinsed)
1 Tbsp. sliced black or Kalamata olives

1. Preheat oven to broil. Spray a baking sheet with nonstick spray.

2. Pierce zucchini several times with a fork. Microwave for 2 minutes. Flip zucchini and microwave for 2 more minutes, or until softened. Let cool, about 5 minutes.

3. Cut zucchini in half lengthwise. Gently scoop out the insides of the zucchini halves. Roughly chop the pulp, pat dry, and set aside. Pat zucchini halves dry, and place on the baking sheet. Sprinkle with ¼ tsp. each garlic powder and onion powder.

4. Bring a skillet sprayed with nonstick spray to medium-high heat. Add zucchini pulp, spinach, chicken, salt, pepper, and remaining ¼ tsp. each garlic powder and onion powder. Cook and stir until spinach has wilted and chicken is hot, about 1 minute.

5. Remove skillet from heat, and pat contents dry. Stir in 2 Tbsp. feta, and evenly distribute mixture among the zucchini halves.

6. Sprinkle with remaining 2 Tbsp. feta. Bake until hot and lightly browned, about 3 minutes.

7. Top with tomatoes and olives.

MAKES 2 SERVINGS

chicken & apple stuffing casserole

PREP 10 MINUTES
COOK 35 MINUTES
COOL 5 MINUTES

⅙ OF CASSEROLE: 293 calories, 7.5g total fat (1.5g sat. fat), 821mg sodium, 36g carbs, 4g fiber, 9.5g sugars, 20.5g protein

2 Tbsp. light butter
1 6-oz. box chicken or turkey stuffing mix
½ cup finely chopped apple
¼ cup raisins, chopped
4 cups frozen French-style green beans, thawed, drained, and patted dry
12 oz. (about 3 cups) shredded skinless rotisserie chicken
1 12-oz. jar chicken gravy
1 8-oz. can sliced water chestnuts, drained and roughly chopped

1. Preheat oven to 375°F. Spray an 8"×8" baking pan with nonstick spray.

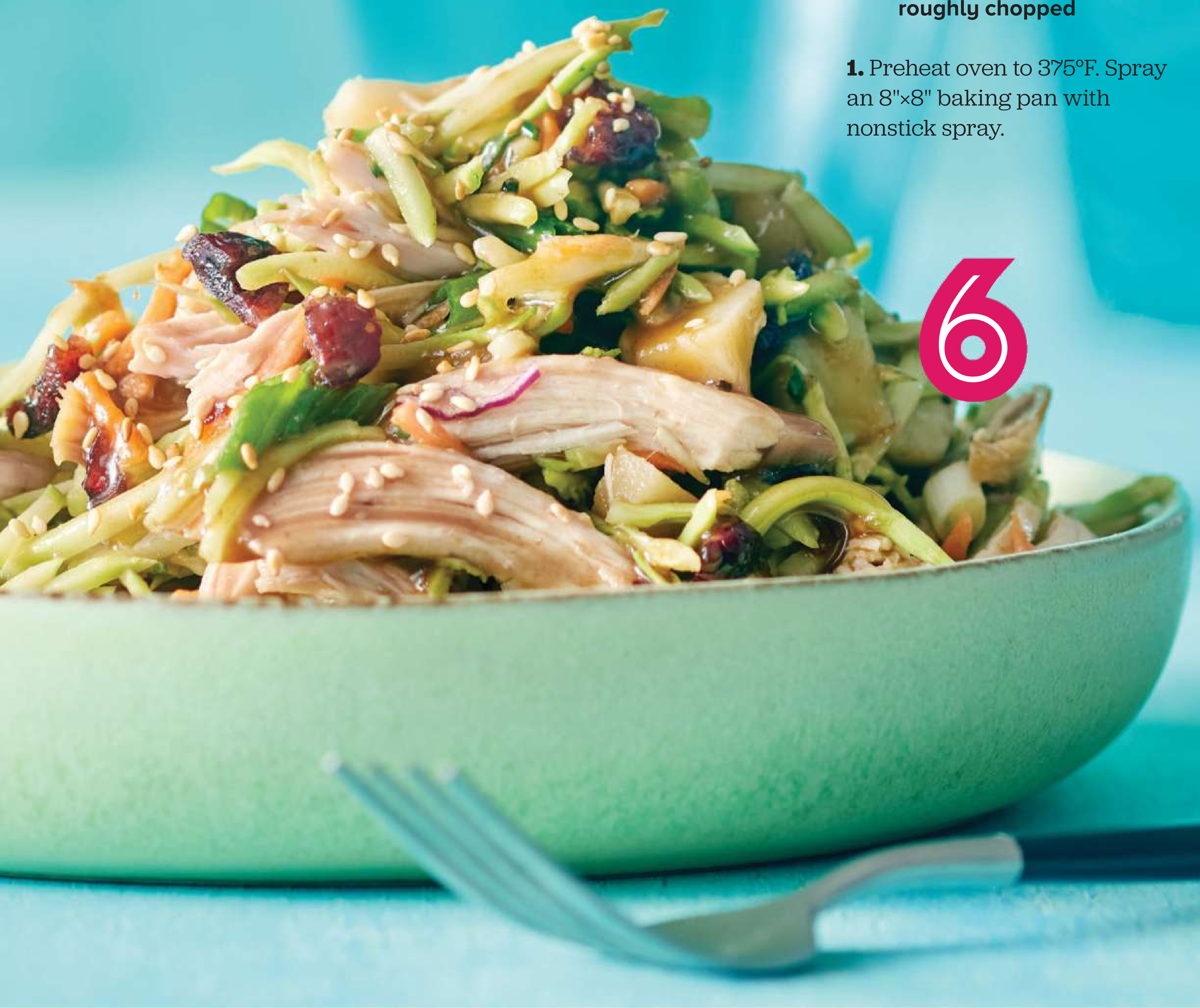
2. In a medium pot, bring 1½ cups water to a boil. Add butter, and let melt. Stir in stuffing mix, apple, and raisins. Remove from heat, cover, and let stand for 5 minutes.

3. Meanwhile, in a large bowl, thoroughly mix remaining ingredients. Transfer to the baking pan, and smooth out the top.

4. Evenly top with stuffing mixture. Cover pan with foil, and bake for 20 minutes.

5. Remove foil, and bake until topping has lightly browned and filling is hot and bubbly, about 10 minutes.

MAKES 6 SERVINGS



cranberry chicken slaw

PREP 5 MINUTES | **CHILL** 15 MINUTES

¼ OF RECIPE (ABOUT 1¼ CUPS): 162 calories, 4g total fat (0.5g sat. fat), 388mg sodium, 17g carbs, 4g fiber, 10g sugars, 14g protein 30m

4 cups bagged broccoli slaw
6 oz. (about 1½ cups) shredded skinless rotisserie chicken
½ cup canned water chestnuts, drained and roughly chopped
⅓ cup chopped scallions, or more for topping
¼ cup sweetened dried cranberries, chopped
⅓ cup light sesame ginger dressing
2 tsp. sesame seeds

1. In a large bowl, combine all ingredients except dressing and sesame seeds. Mix well. Add dressing, and stir to coat.

2. Cover and refrigerate until chilled, at least 15 minutes.

3. Top with sesame seeds.

MAKES 4 SERVINGS

JUST *2-ingredient* DOUGH IT!

Baking is a whole lot easier thanks to the phenomenon known as 2-ingredient dough...

Self-Rising Flour + Greek Yogurt = 2-Ingredient Dough

IT REALLY IS THAT SIMPLE!
Self-rising flour is essentially all-purpose flour with a rising agent mixed in, eliminating the need for baking powder. The addition of the thick strained yogurt produces a versatile and pliable dough.

DON'T HAVE SELF-RISING FLOUR?
DIY. For every 1 cup of all-purpose flour, mix in 1½ tsp. baking powder and ¼ tsp. salt. Use whole wheat flour for bonus fiber.

Tips from the Test Kitchen

This dough is easiest to work with when it's cold. Make it in advance, and refrigerate in plastic wrap or a resealable bag.

Roll it out on a lightly floured surface. If the dough gets sticky, rub some flour on your hands and/or rolling pin. (Alternatively, roll out sticky dough between layers of parchment paper.)

Thin is in... When it comes to rolling out your dough, that is! Aim for a ¼-inch thickness.

Got recipe leftovers? Reheat in an air fryer or the oven (although we like them best the day they're made).

Speaking of air fryers... You can make most of these recipes using one instead of the oven! (Sorry, muffin-pan pizzas, not you.) Just cook them in a single layer at 360°F (or the nearest degree) for 10 minutes, or until the tops are light golden brown and insides are cooked through.

cinnamon roll breakfast treats

PREP 10 MINUTES
COOK 15 MINUTES

½ OF RECIPE (6 CINNAMON ROLLS): 163 calories, 2.5g total fat (0.5g sat. fat), 425mg sodium, 25g carbs, 0.5g fiber, 2g sugars, 8.5g protein 30m 5i V

- **½ cup self-rising flour**
- **½ cup fat-free plain Greek yogurt**
- **1 Tbsp. light butter, room temperature**
- **½ tsp. cinnamon**
- **1 packet natural no-calorie sweetener**
- **Optional toppings: lite or sugar-free pancake syrup, powdered sugar**

1. Preheat oven to 450°F. Spray a baking sheet with nonstick spray.

2. To make the dough, mix flour with yogurt in a large bowl. Evenly roll it out into a large rectangle, about 9"×5".

3. Spread butter onto dough, leaving a 1" border. Sprinkle with cinnamon and sweetener. Tightly roll up the dough lengthwise into a log, and pinch the seam to seal.

4. Turn log seam side down, and cut into 12 rolls. Place rolls on the baking sheet.

5. Spray with nonstick spray. Bake until light golden brown and cooked through, 10-12 minutes.

MAKES 2 SERVINGS

hawaiian calzones

PREP 10 MINUTES
COOK 15 MINUTES

½ OF RECIPE (1 CALZONE):
203 calories, 2.5g total fat (1.5g sat. fat), 567mg sodium, 29g carbs, 0.5g fiber, 5.5g sugars, 15g protein 30m

- **3 Tbsp. light/low-fat ricotta cheese**
- **2 Tbsp. shredded part-skim mozzarella cheese**
- **1 oz. (about 1 slice) reduced-sodium ham, chopped**
- **2 Tbsp. pineapple tidbits packed in juice, drained**
- **1 Tbsp. chopped fresh cilantro, or more for topping**
- **½ tsp. garlic powder**
- **½ cup self-rising flour**
- **½ cup fat-free plain Greek yogurt**

1. Preheat oven to 450°F. Spray a baking sheet with nonstick spray.

2. In a medium bowl, combine ricotta, mozzarella, ham, pineapple, cilantro, and garlic powder. Mix until uniform.

3. To make the dough, mix flour with yogurt in a large bowl. Evenly roll it out into 2 circles, each about 6" wide. Place on the baking sheet.

4. Spread ricotta mixture over one half of each circle, leaving a ½" border. Fold the other halves over the mixture. Fold in the edges, and firmly press with a fork to seal.

5. Spray with nonstick spray. Bake until light golden brown and cooked through, 10-12 minutes.

MAKES 2 SERVINGS

pigs in an everything bagel blanket

PREP 10 MINUTES
COOK 15 MINUTES

¼ OF RECIPE (2 PIGS IN A BLANKET): 105 calories, 1.5g total fat (<0.5g sat. fat), 450mg sodium, 12.5g carbs, <0.5g fiber, 1g sugars, 7.5g protein 30m 5i

½	**cup self-rising flour**
½	**cup fat-free plain Greek yogurt**
2	**hot dogs with 70 calories or less each**
1	**tsp. everything bagel seasoning**
	Optional dip: mustard

1. Preheat oven to 450°F. Spray a baking sheet with nonstick spray.

2. To make the dough, mix flour with yogurt in a large bowl. Evenly roll it out into a large rectangle, about 9"×5". Cut dough lengthwise into 8 long thin triangles.

3. Cut each hot dog into 4 even pieces. Roll up each piece in a strip of dough. Place on the baking sheet.

4. Spray with nonstick spray, and top with everything bagel seasoning. Bake until light golden brown and cooked through, 10-12 minutes.

MAKES 4 SERVINGS

cheesy mexican bagel bites

PREP 10 MINUTES | **COOK** 15 MINUTES

½ OF RECIPE (4 BAGEL BITES): 175 calories, 1.5g total fat (1g sat. fat), 708mg sodium, 27g carbs, 0.5g fiber, 3.5g sugars, 11.5g protein 30m 5i V

- **2 wedges The Laughing Cow Light Creamy Swiss cheese**
- **2 tsp. + 1 dash taco seasoning**
- **½ cup self-rising flour**
- **½ cup fat-free plain Greek yogurt**
- **Optional dip: salsa**

1. Preheat oven to 450°F. Spray a baking sheet with nonstick spray.

2. Sprinkle cheese wedges with dash taco seasoning, and slice each wedge into 4 pieces.

3. To make the dough, mix flour, yogurt, and remaining 2 tsp. taco seasoning in a large bowl. Evenly form it into 8 balls (about 2 Tbsp. each).

4. Press an indentation into each ball, and fill with a piece of cheese. Seal dough around cheese. Place on the baking sheet.

5. Spray with nonstick spray. Bake until tops are light golden brown and insides are cooked through, about 12 minutes.

MAKES 2 SERVINGS

HG ALTERNATIVE: No Laughing Cow? No problem. Use 2 Tbsp. light/reduced-fat cream cheese instead.

muffin-pan deep-dish pizzas

PREP 10 MINUTES | **COOK** 10 MINUTES

¼ OF RECIPE (1 PIZZA): 92 calories, 1.5g total fat (1g sat. fat), 262mg sodium, 13g carbs, 0.5g fiber, 1.5g sugars, 6g protein 30m 5i V

- **½ cup self-rising flour**
- **½ cup fat-free plain Greek yogurt**
- **2 Tbsp. marinara sauce with 70 calories or less per ½-cup serving**
- **¼ cup shredded part-skim mozzarella cheese**
- **2 dashes Italian seasoning**

1. Preheat oven to 450°F. Spray 4 cups of a 12-cup muffin pan with nonstick spray.

2. To make the dough, mix flour with yogurt in a large bowl. Evenly form it into 4 balls, and place each one in a sprayed cup of the muffin pan. Press it into the bottom and sides, forming a bowl shape. Bake until lightly golden brown and cooked through, about 7 minutes. (Dough will puff up.)

3. Top with marinara, cheese, and Italian seasoning. Bake until cheese has melted, about 3 minutes.

MAKES 4 SERVINGS

blueberry blintz pockets

PREP 10 MINUTES
COOK 15 MINUTES

½ OF RECIPE (1 POCKET):
209 calories, 4g total fat (2.5g sat. fat), 488mg sodium, 30g carbs, 1g fiber, 6g sugars, 11.5g protein
30m V

2½ Tbsp. light/reduced-fat cream cheese
2 Tbsp. light/low-fat ricotta cheese
1 packet natural no-calorie sweetener
¼ tsp. vanilla extract
Dash cinnamon
½ cup self-rising flour
½ cup fat-free plain Greek yogurt
¼ cup freeze-dried blueberries
Optional topping: powdered sugar

1. Preheat oven to 450°F. Spray a baking sheet with nonstick spray.

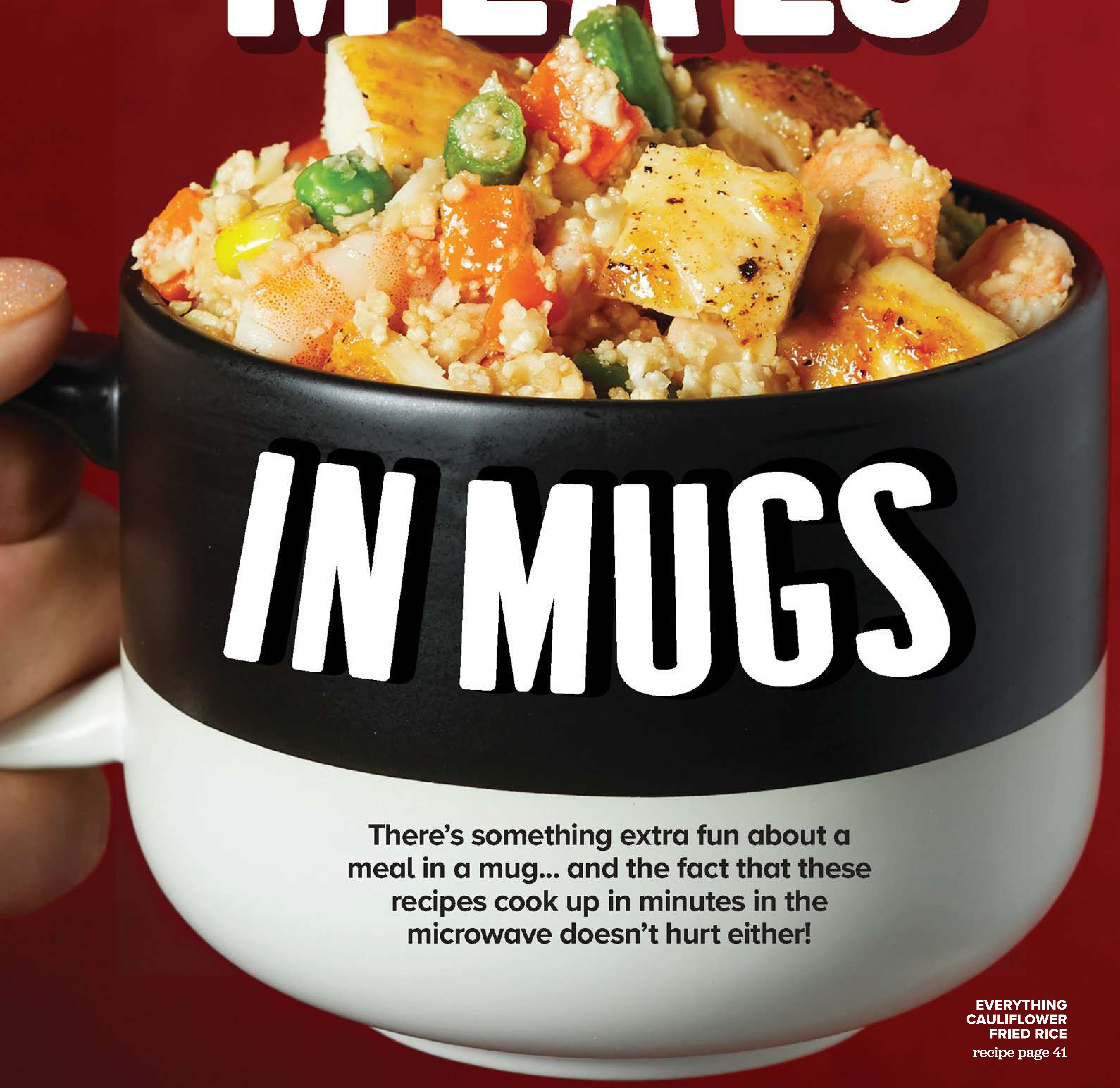
2. In a medium bowl, combine cream cheese, ricotta, sweetener, vanilla extract, and cinnamon. Mix until smooth and uniform.

3. To make the dough, mix flour with yogurt in a large bowl. Evenly roll it out into 2 squares, each about 6"×6". Place on the baking sheet.

4. Spread cheese mixture over one half of each square, leaving a ½" border, and top with blueberries. Fold the other halves over the mixture, and firmly press edges with a fork to seal.

5. Spray with nonstick spray. Bake until light golden brown and cooked through, 10–12 minutes.

MAKES 2 SERVINGS



Mmmm...

MEALS IN MUGS

There's something extra fun about a meal in a mug... and the fact that these recipes cook up in minutes in the microwave doesn't hurt either!

EVERYTHING CAULIFLOWER FRIED RICE
recipe page 41

creamy cajun chicken with zoodles

PREP 5 MINUTES
COOK 10 MINUTES

ENTIRE RECIPE: 328 calories, 14g total fat (6g sat. fat), 475mg sodium, 12g carbs, 4g fiber, 5.5g sugars, 34.5g protein 30m GF

- **1 12-oz. pkg. frozen spiralized zucchini**
- **2 Tbsp. light/reduced-fat cream cheese**
- **2 tsp. light butter**
- **2 tsp. grated Parmesan cheese**
- **1½ tsp. chopped garlic**
- **½ tsp. Cajun seasoning**
- **Dash cayenne pepper, or more to taste**
- **3 oz. cooked and sliced skinless chicken breast**

1. Microwave zucchini for 6 minutes, or until hot.

2. Meanwhile, spray a large microwave-safe mug with nonstick spray. Add all remaining ingredients except chicken, and mix well.

3. Drain zucchini, and transfer to the mug. Mix well.

4. Stir in chicken. Microwave for 1 minute, or until hot.

MAKES 1 SERVING

HG ALTERNATIVE

Instead of using frozen zoodles, spiralize 10 oz. (about 1 medium) zucchini. Cook in a skillet until slightly softened, and drain well.

3-bean chili 4 one

PREP 5 MINUTES
COOK 5 MINUTES

ENTIRE RECIPE: 270 calories, 1.5g total fat (0g sat. fat), 875mg sodium, 51.5g carbs, 15g fiber, 11.5g sugars, 14.5g protein 30m GF V

- **¼ cup chopped bell pepper**
- **2 Tbsp. chopped onion**
- **¾ cup canned crushed tomatoes**
- **¼ cup canned black beans, drained and rinsed**
- **¼ cup canned chili beans (pinto beans in chili sauce), not drained**
- **¼ cup canned kidney beans, drained and rinsed**
- **2 Tbsp. frozen sweet corn kernels**
- **¾ tsp. chili powder**
- **¼ tsp. cumin**
- **¼ tsp. garlic powder**
- **Dash cayenne pepper**
- **Optional toppings: light sour cream, shredded reduced-fat Mexican-blend cheese**

1. In a large microwave-safe mug, combine bell pepper, onion, and 1 Tbsp. water. Cover and microwave for 1 minute, or until softened.

2. Drain excess liquid. Add remaining ingredients, and mix well. Cover and microwave for 1½ minutes, or until hot.

MAKES 1 SERVING

HG TIP

Use leftover beans in salads & soups! If you'd rather only use two types of beans, select either kidney or black beans and double the amount.

individual enchilada casserole

PREP 5 MINUTES
COOK 5 MINUTES

ENTIRE RECIPE: 260 calories, 8.5g total fat (4.5g sat. fat), 719mg sodium, 33g carbs, 8g fiber, 4.5g sugars, 15g protein 30m GF V

- **⅓ cup fat-free refried beans**
- **1 Tbsp. light/reduced-fat cream cheese**
- **¼ tsp. ground cumin**
- **1 cup frozen riced cauliflower, thawed**
- **1 6-inch corn tortilla, cut into quarters**
- **4 tsp. red enchilada sauce**
- **3 Tbsp. shredded reduced-fat Mexican-blend cheese**
- **Optional toppings: fresh cilantro, salsa**

1. In a medium bowl, combine beans, cream cheese, and cumin. Mix well. Stir in cauliflower.

2. Spray a large microwave-safe mug with nonstick spray. Place 1 tortilla quarter in the mug. Top with ⅓ of the cauliflower mixture, 1 tsp. enchilada sauce, and 1 Tbsp. shredded cheese. Repeat layering twice. Top with remaining tortilla quarter and 1 tsp. sauce.

3. Microwave for 1½ minutes, or until entire dish is hot and cheese has melted.

MAKES 1 SERVING

HG TIP: Pair with a side salad topped with shredded cheese and salsa!

HG FYI: Not all refried beans are vegetarian, so read labels carefully if that's a concern.

topless turkey pot pie

PREP 5 MINUTES | **COOK** 5 MINUTES

ENTIRE RECIPE: 308 calories, 5.5g total fat (2g sat. fat), 862mg sodium, 25.5g carbs, 4.5g fiber, 4.5g sugars, 37.5g protein 30m

½	cup frozen riced cauliflower, thawed
2	Tbsp. whole wheat flour
1½	Tbsp. (about 1 large) egg white or fat-free liquid egg substitute
1	Tbsp. grated Parmesan cheese
½	tsp. baking powder
3	oz. cooked and chopped skinless turkey breast
½	cup frozen petite mixed vegetables, thawed
¼	cup turkey gravy

1. In a large microwave-safe mug sprayed with nonstick spray, combine cauliflower, flour, egg white/substitute, Parm, and baking powder.

2. Mix thoroughly, and press to form the crust. Microwave for 1½ minutes, or until set.

3. In a medium bowl, combine remaining ingredients, and mix well. Spoon mixture over the crust, and microwave for 1 minute, or until hot.

MAKES 1 SERVING

HG TIP: If salt's a concern, skip the Parm. Still delicious!

Must-Know Mug Info

- For these recipes, a wide-bottomed mug is best.
- If you don't have the right size mug, a medium microwave-safe bowl will do the trick.
- For easy cleanup, add hot water and a squeeze of dish soap to your mug right after eating. Then let it soak before scrubbing.

turkey meatloaf for me

PREP 5 MINUTES
COOK 5 MINUTES

ENTIRE RECIPE: 287 calories, 8.5g total fat (3g sat. fat), 770mg sodium, 24g carbs, 3g fiber, 10g sugars, 29g protein 30m GF

- **⅓ cup bagged broccoli slaw, roughly chopped**
- **2 Tbsp. finely chopped onion**
- **4 oz. raw lean ground turkey (at least 93% lean)**
- **3 Tbsp. old-fashioned oats**
- **2 Tbsp. (about 1 large) egg white or fat-free liquid egg substitute**
- **2 Tbsp. ketchup, or more for topping**
- **¼ tsp. garlic powder**
- **⅛ tsp. each salt and black pepper**

1. In a large microwave-safe mug sprayed with nonstick spray, combine broccoli slaw, onion, and 1 Tbsp. water. Cover and microwave for 1½ minutes, or until softened. Blot away excess moisture.

2. Add turkey, oats, egg white/substitute, 1 Tbsp. ketchup, and seasonings. Mix until uniform, and smooth out the top.

3. Top with remaining 1 Tbsp. ketchup. Cover and microwave for 3½ minutes, or until turkey is cooked through.

MAKES 1 SERVING

everything cauliflower fried rice

PREP 5 MINUTES
COOK 5 MINUTES

ENTIRE RECIPE: 299 calories, 7.5g total fat (1g sat. fat), 844mg sodium, 21.5g carbs, 4.5g fiber, 10.5g sugars, 34.5g protein 30m

- **1 cup frozen riced cauliflower**
- **½ cup frozen petite mixed vegetables**
- **2 oz. cooked and chopped skinless chicken breast**
- **2 oz. (about 4 large) ready-to-eat shrimp, chopped**
- **1½ Tbsp. thick teriyaki sauce or marinade**
- **1 tsp. sesame oil**
- **¼ tsp. garlic powder**
- **¼ tsp. onion powder**

1. Spray a large microwave-safe mug with nonstick spray. Add cauliflower and mixed veggies. Microwave for 2 minutes, or until hot.

2. Drain excess liquid. Add remaining ingredients, and mix well. Microwave for 1½ minutes, or until hot.

MAKES 1 SERVING

HG TIP: To save some sodium, use the salt-free Sweet Teriyaki Marinade by Dash!

grounds *for* success!

You've never had instant coffee like this before! Use it to make sweet treats with rich java flavor...

Instant Coffee Talk

WHAT IS IT? Coffee that's been brewed and dried into a powder. Adding hot water reconstitutes it for a quick cup of joe.

WHY COOK WITH IT? Get concentrated coffee taste without watering down your dish or bothering with brewing.

WHAT ELSE SHOULD I KNOW? Today's instant coffee tastes better than ever. Find it in single-serve packets and multi-serve jars. For recipes: 2 tsp. = 1 packet.

vanilla latte growing oatmeal

PREP 5 MINUTES
COOK 20 MINUTES
COOL 10 MINUTES

ENTIRE RECIPE: 223 calories, 8g total fat (3g sat. fat), 353mg sodium, 32g carbs, 5g fiber, 1g sugars, 6.5g protein 5i GF V

1 Tbsp. sugar-free French vanilla powdered creamer
1½ tsp. instant coffee granules
1 cup unsweetened vanilla almond milk
½ cup old-fashioned oats
⅛ tsp. cinnamon
Dash salt
Optional toppings: melted semisweet chocolate chips, chopped almonds

1. In a medium nonstick pot, dissolve creamer and coffee granules in 1 cup very hot water. Stir in remaining ingredients.

2. Bring to a boil, and then reduce to a simmer. Cook and stir until mostly thick and creamy, 12-15 minutes.

3. Transfer to a bowl. Cool until thickened, 5-10 minutes.

MAKES 1 SERVING

cappuccino chip cheesecake dip

TOTAL TIME 5 MINUTES

⅙ OF RECIPE (ABOUT 3 TBSP.):
63 calories, 3g total fat (2.5g sat. fat), 64mg sodium, 8g carbs, 0g fiber, 5g sugars, 1g protein 30m GF V

2 tsp. instant coffee granules
¾ cup light whipped topping (thawed from frozen)
⅓ cup fat-free vanilla yogurt
¼ cup whipped cream cheese
1 packet natural no-calorie sweetener
Dash salt
1 Tbsp. mini semisweet chocolate chips
Serving suggestions: chocolate graham crackers, apples, strawberries

1. In a small bowl, dissolve coffee granules in 2 tsp. very hot water.

2. Transfer coffee mixture to a large bowl. Add all remaining ingredients except chocolate chips. Mix until smooth and uniform.

3. Fold in 1½ tsp. chocolate chips. Top with remaining 1½ tsp. chocolate chips.

MAKES 6 SERVINGS

pumpkin spice latte donuts

PREP 10 MINUTES
COOK 15 MINUTES

⅙ OF RECIPE (1 DONUT):
170 calories, 2g total fat (1g sat. fat), 283mg sodium, 36g carbs, 1g fiber, 18.5g sugars, 2g protein 30m 5i V

2 Tbsp. instant coffee granules
1¾ cups (about ½ box) spice cake mix
¾ cup canned pure pumpkin
Optional topping: powdered sugar

1. Preheat oven to 400°F. Spray a 6-cavity donut pan with nonstick spray.

2. In a large bowl, dissolve coffee granules in ½ cup very hot water. Add cake mix and pumpkin. Stir until smooth and uniform. (Batter will be thick.)

3. Evenly distribute batter into the donut pan, and smooth out the tops. (Cavities will be full.)

4. Bake until a toothpick inserted into a donut comes out mostly clean, about 12 minutes.

MAKES 6 SERVINGS

HG TIP: For perfectly shaped donuts, use a DIY piping bag. Transfer the batter to a plastic bag, and squeeze it down toward a bottom corner. Snip off that corner, and pipe batter through the hole.

mocha magic cake in a mug

PREP 5 MINUTES
COOK 5 MINUTES
COOL 10 MINUTES

ENTIRE RECIPE: 182 calories, 4.5g total fat (2.5g sat. fat), 281mg sodium, 28g carbs, 5g fiber, 7g sugars, 11g protein 30m V

2 Tbsp. whole wheat flour
2 Tbsp. unsweetened dark cocoa powder
3 packets natural no-calorie sweetener
¼ tsp. baking powder
2 tsp. instant coffee granules
2 Tbsp. (about 1 large) egg white or fat-free liquid egg substitute
2 Tbsp. fat-free plain Greek yogurt
½ tsp. vanilla extract
2 tsp. mini semisweet chocolate chips
Optional toppings: powdered sugar, raspberries

1. Spray a large microwave-safe mug with nonstick spray. Add flour, cocoa powder, sweetener, and baking powder. Stir until uniform.

2. In a small bowl, dissolve coffee granules in 2 Tbsp. very hot water. Add to the mug, along with egg white/substitute, yogurt, and vanilla extract.

3. Whisk with a fork. Fold in 1 tsp. chocolate chips.

4. Top with remaining 1 tsp. chocolate chips, and lightly press to adhere. Microwave for 2½ minutes, or until set.

5. Let cool for 5-10 minutes.

MAKES 1 SERVING

fal

FAVORITES

Cooking with seasonal produce **is a win-win: peak freshness plus best prices! Prepare to fall in love with these autumnal eats...**

PUMPKIN PECAN BLENDER MUFFINS
recipe page 51

LOOK FOR THESE FALL VEGETABLES AT FARMERS MARKETS AND IN PRODUCE DEPARTMENTS FOR THE BEST FLAVOR (AND GREATEST VALUE) IN SEASON.

ROOT VEGGIES

Nutritional Benefits: high in healthy nitrates (beets), beta-carotene (carrots), and folate (parsnips)

Meal Hack: Bake up a sheet pan of veggies to use throughout the week.

Snack Hack: Leftover carrots make great fries! Slice and bake at a high temp, or pop them in an air fryer.

chicken sausage & root veggies

PREP 10 MINUTES
COOK 35 MINUTES

½ OF RECIPE: 327 calories, 14g total fat (3g sat. fat), 733mg sodium, 35.5g carbs, 8.5g fiber, 13.5g sugars, 17g protein GF

1 cup peeled beets cut into 1-inch pieces
1 cup peeled butternut squash cut into 1-inch pieces
1 cup peeled carrots cut into 1-inch pieces
1 cup peeled parsnip cut into 1-inch pieces
1 Tbsp. olive oil
⅛ tsp. each salt and black pepper
6 oz. (about 2 links) fully cooked chicken sausage, cut into coins

1. Preheat oven to 400°F. Spray a baking sheet with nonstick spray.

2. Place veggies on the baking sheet. Drizzle with oil, and sprinkle with salt and pepper. Lightly mix.

3. Bake for 15 minutes.

4. Flip veggies, and add sausage. Bake until veggies have softened and browned and sausage has browned, about 18 minutes.

MAKES 2 SERVINGS

HG ALTERNATIVE: Make it meatless with vegetarian sausage by brands like High Peaks and Beyond Meat.

balsamic brussels sprouts

PREP 10 MINUTES
COOK 30 MINUTES

¼ OF RECIPE (ABOUT 1 CUP): 141 calories, 4g total fat (0.5g sat. fat), 267mg sodium, 23g carbs, 7g fiber, 10g sugars, 6g protein

5i GF V

1 Tbsp. Dijon mustard
1 Tbsp. olive oil
1½ lbs. Brussels sprouts, trimmed and halved
¼ tsp. salt
⅛ tsp. black pepper
½ cup balsamic vinegar
⅓ cup pomegranate arils

1. Preheat oven to 400°F. Spray a baking sheet with nonstick spray.

2. In a large bowl, thoroughly whisk mustard with oil. Add Brussels sprouts, and toss to coat. Transfer to the baking sheet, and sprinkle with salt and pepper.

3. Bake until soft and golden brown, 25-30 minutes, flipping halfway through.

4. Meanwhile, in a small pot, bring vinegar to a boil. Reduce to a simmer. Stirring frequently, cook until thickened to a syrup-like consistency, about 12 minutes.

5. Drizzle Brussels sprouts with balsamic reduction, and top with pomegranate.

MAKES 4 SERVINGS

BRUSSELS SPROUTS

Nutritional Benefits: high in vitamins K & C, antioxidants, and folate

Kitchen Trick: Trim the hard stem ends off your sprouts for quicker cooking and better texture.

Shopping Tip: Look for bagged shredded Brussels sprouts in the produce aisle—great for salads & slaws!

BUTTERNUT SQUASH

Nutritional Benefits: high in vitamins A & C, magnesium, and potassium

Shopping Tip: Choose a squash that's heavy (more flesh; fewer seeds), or look for precubed butternut squash in the produce section.

Snack Hack: Season the seeds and roast for 25–30 minutes at 300°F for crispy deliciousness!

autumn roasted butternut squash

PREP 10 MINUTES | **COOK** 35 MINUTES

¼ OF RECIPE (ABOUT ¾ CUP): 168 calories, 5g total fat (1.5g sat. fat), 236mg sodium, 31.5g carbs, 3.5g fiber, 16.5g sugars, 2.5g protein 5i GF V

4	**cups peeled butternut squash cut into 1-inch pieces**
1	**Tbsp. olive oil**
½	**tsp. cinnamon**
¼	**tsp. salt**
⅛	**tsp. black pepper**
¼	**cup sweetened dried cranberries, chopped**
2	**Tbsp. honey**
¼	**cup crumbled feta cheese**

1. Preheat oven to 400°F. Spray a baking sheet with nonstick spray.

2. Place squash on the baking sheet. Drizzle with oil, and sprinkle with seasonings.

3. Bake for 35 minutes or until softened and browned, flipping halfway through.

4. Transfer squash to a large bowl. Add cranberries and honey, and mix well.

5. Top with feta.

MAKES 4 SERVINGS

TURKEY APPLE STIR-FRY
recipe page 51

APPLE

Nutritional Benefits: high in vitamin C, polyphenols, and fiber

Snack Hack: For a crispy treat, air-fry slices for 10–12 minutes at around 390°F.

Kitchen Trick: Drizzle cut apples with lemon juice to keep them from browning.

sweet potato home fries

PREP 10 MINUTES | **COOK** 20 MINUTES

¼ OF RECIPE (ABOUT ¾ CUP): 145 calories, 3.5g total fat (0.5g sat. fat), 357mg sodium, 27g carbs, 4.5g fiber, 7g sugars, 2g protein

30m 5i GF V

- **1 lb. (about 2 medium) sweet potatoes cut into ¾-inch pieces**
- **1 cup roughly chopped onion**
- **½ cup roughly chopped red bell pepper**
- **1 Tbsp. olive oil**
- **½ tsp. chili powder**
- **½ tsp. salt**
- **¼ tsp. smoked paprika**
- **⅛ tsp. cayenne pepper**

1. Bring a large skillet sprayed with nonstick spray to medium heat. Add sweet potato and ¼ cup water.

2. Cover and cook for 8 minutes, or until sweet potato has mostly softened and water has evaporated.

3. Add onion and bell pepper. Drizzle with oil, and sprinkle with seasonings. Cook and stir until veggies have browned and softened, about 10 minutes.

MAKES 4 SERVINGS

SWEET POTATO

Nutritional Benefits: rich in beta-carotene, fiber, and potassium

Shopping Tip: Traditional orange sweet potatoes have a reddish-brown skin, while yams have a skin that looks like tree bark.

Meal Hack: Cook your potatoes, scoop out the insides, and fill those boats with savory filling!

turkey apple stir-fry

PREP 5 MINUTES
COOK 10 MINUTES

ENTIRE RECIPE: 302 calories, 8.5g total fat (1g sat. fat), 742mg sodium, 27g carbs, 7g fiber, 15g sugars, 30g protein 30m GF

- **2 cups chopped cabbage**
- **½ cup chopped apple**
- **½ cup chopped onion**
- **4 oz. raw boneless skinless turkey breast, cut into bite-size pieces**
- **2 tsp. chopped garlic**
- **1½ tsp. olive oil**
- **½ tsp. poultry seasoning**
- **¼ tsp. each salt and black pepper**

1. Bring a large skillet sprayed with nonstick spray to medium-high heat. Add cabbage, apple, onion, and 3 Tbsp. water. Cover and cook for 4 minutes, or until veggies and apple have partially softened and water has evaporated.

2. Add remaining ingredients. Cook and stir until cabbage is tender and turkey is fully cooked, about 4 minutes.

MAKES 1 SERVING

pumpkin pecan blender muffins

PREP 10 MINUTES
COOK 20 MINUTES

1⁄12 OF RECIPE (1 MUFFIN): 104 calories, 4g total fat (0.5g sat. fat), 155mg sodium, 21g carbs, 2.5g fiber, 1g sugars, 3.5g protein 30m GF V

- **1½ cups old-fashioned oats**
- **1 cup canned pure pumpkin**
- **½ cup (about 4 large) egg whites or fat-free liquid egg substitute**
- **½ cup all-purpose flour**
- **½ cup natural no-calorie sweetener that measures like sugar**
- **¼ cup light butter**
- **2 tsp. cinnamon**
- **2 tsp. vanilla extract**
- **1½ tsp. baking powder**
- **1 tsp. pumpkin pie spice**
- **½ tsp. baking soda**
- **⅛ tsp. salt**
- **1 oz. (about ¼ cup) chopped pecans**

1. Preheat oven to 350°F. Line a 12-cup muffin pan with foil baking cups, or spray it with nonstick spray.

2. Pulse oats to the consistency of coarse flour in a blender. Add all remaining ingredients except pecans. Blend until completely smooth and uniform, stopping and stirring if needed. (Do not over-blend. Batter will be thick.)

3. Stir in half of the pecans. Evenly distribute among the muffin cups, and smooth out the tops.

4. Top with remaining pecans. Bake until a toothpick inserted into the center of a muffin comes out clean, 18-20 minutes.

MAKES 12 SERVINGS

PUMPKIN

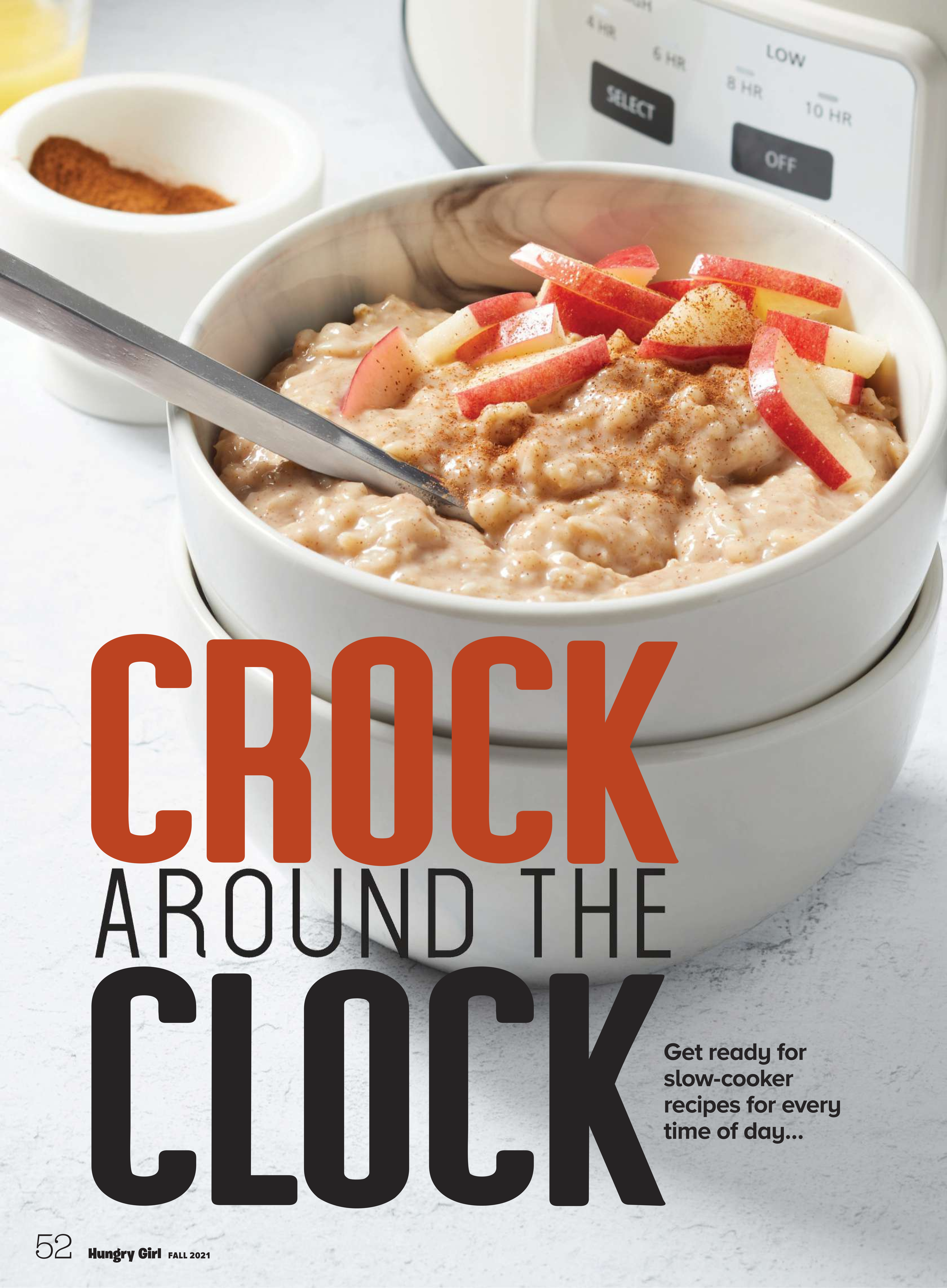
Nutritional Benefits: rich in vitamin A, beta-carotene, and other antioxidants

Shopping Tip: Look for canned pumpkin *puree* (not pumpkin pie filling) in the baking aisle.

Kitchen Trick: Stir a few tablespoons into oatmeal, soups, and chili for filling fiber and a heartier texture.

HG TIP

If using a no-calorie sweetener that's twice as sweet as sugar, halve the amount used in this recipe.



CROCK AROUND THE CLOCK

Get ready for slow-cooker recipes for every time of day…

make-ahead growing oatmeal

PREP 5 MINUTES
COOK 2½ HOURS
COOL 30 MINUTES

¼ OF RECIPE (ABOUT 1½ CUPS): 185 calories, 4g total fat (0.5g sat. fat), 235mg sodium, 30.5g carbs, 5g fiber, 1.5g sugars, 6g protein 5i GF V

- **2 cups unsweetened vanilla almond milk**
- **2 cups old-fashioned oats**
- **5 packets natural no-calorie sweetener**
- **1 Tbsp. vanilla extract**
- **2 tsp. cinnamon**
- **¼ tsp. salt**
- **Optional topping: fresh fruit**

1. Spray a slow cooker with nonstick spray. Add all ingredients and 4 cups water. Mix well.

2. Cook on low for 2½ hours, until mostly thick and creamy.

3. Turn off slow cooker. Vent lid slightly and let sit until thickened, about 30 minutes. Stir before serving.

MAKES 4 SERVINGS

HG FYI: The extra liquid makes the serving size GROW as it cools and thickens!

peaches & cream french toast

PREP 15 MINUTES
COOK 3–4 HOURS (HIGH) OR 7–8 HOURS (LOW), PLUS 10 MINUTES
COOL 20 MINUTES

⅙ OF RECIPE: 220 calories, 6g total fat (2g sat. fat), 497mg sodium, 33g carbs, 6.5g fiber, 10g sugars, 14.5g protein V

- **12 slices light bread**
- **1 cup light/low-fat ricotta cheese**
- **2 Tbsp. natural no-calorie sweetener that measures like sugar**
- **2½ tsp. cinnamon**
- **2 tsp. vanilla extract**
- **¼ tsp. almond extract**
- **¼ tsp. salt**
- **3 cups frozen sliced peaches**
- **1 cup (about 8 large) egg whites or fat-free liquid egg substitute**
- **1 cup unsweetened vanilla almond milk**
- **3 Tbsp. light butter, melted**
- **Optional toppings: powdered sugar, syrup**

1. Spray a slow cooker with nonstick spray. Lightly toast bread.

2. In a large bowl, combine ricotta, 1 Tbsp. sweetener, 1½ tsp. cinnamon, 1 tsp. vanilla extract, almond extract, and salt. Mix until uniform. Add peaches, and stir to coat.

3. Cut toast into 1-inch pieces. Place one-third of toast in the slow cooker, and top with one-third of peach mixture. Repeat twice with remaining toast and peach mixture.

4. In a medium bowl, combine egg whites/substitute, milk, and melted butter. Add remaining 1 Tbsp. sweetener, 1 tsp. cinnamon, and 1 tsp. vanilla extract. Whisk thoroughly.

5. Pour egg mixture over the contents of slow cooker. Cover and cook on high for 3-4 hours or low for 7-8 hours, until set.

6. Let cool, about 20 minutes.

MAKES 6 SERVINGS

tropical chicken fajitas

PREP 10 MINUTES
COOK 3–4 HOURS (HIGH) OR
7–8 HOURS (LOW)

1⁄6 OF RECIPE: 209 calories, 3g total fat (0.5g sat. fat), 234mg sodium, 17.5g carbs, 2g fiber, 12g sugars, 26.5g protein GF

- **1½ lbs. raw boneless skinless chicken breast, cut into strips**
- **3 cups sliced bell peppers**
- **2 cups sliced onions**
- **2 8-oz. cans pineapple chunks packed in juice, lightly drained**
- **2 Tbsp. fajita seasoning**
- **¼ cup chopped fresh cilantro, or more for topping**
- **1½ tsp. lime juice**

1. Spray a slow cooker with nonstick spray. Add all ingredients except cilantro and lime juice. Mix well.

2. Cover and cook on high for 3-4 hours or on low for 7-8 hours, until chicken is fully cooked.

3. Stir in cilantro and lime juice. Serve with a slotted spoon to drain excess liquid.

MAKES 6 SERVINGS

HG FYI
To keep the chicken moist and flavorful, store leftovers in the cooking liquid.

sweet & saucy bbq steak bites

PREP 10 MINUTES
COOK 3–4 HOURS (HIGH) OR
7–8 HOURS (LOW)

⅙ OF RECIPE (ABOUT ½ CUP): 190 calories, 5g total fat (2g sat. fat), 572mg sodium, 18g carbs, 1.5g fiber, 13g sugars, 17.5g protein GF

1	**cup canned tomato sauce**
½	**cup ketchup**
2½	**Tbsp. apple cider vinegar**
2½	**Tbsp. brown sugar**
2	**tsp. garlic powder**
1	**lb. raw lean steak, cut into bite-size pieces**
¼	**tsp. salt**
⅛	**tsp. black pepper**
2	**cups roughly chopped onions**

1. Place tomato sauce, ketchup, vinegar, brown sugar, and garlic powder in a slow cooker. Mix well.

2. Season steak with salt and pepper, and add to the slow cooker. Top with onions, and lightly stir.

3. Cover and cook on high for 3-4 hours or on low for 7-8 hours, until steak is cooked through.

MAKES 6 SERVINGS

HG TIP
Enjoy this over cauliflower rice to soak up all the sauce!

low & slow ratatouille

PREP 15 MINUTES
COOK 3–4 HOURS (HIGH) OR
7–8 HOURS (LOW)

⅙ OF RECIPE (ABOUT 1 CUP):
80 calories, 0.5g total fat (0g sat. fat), 380mg sodium, 17g carbs, 5g fiber, 10g sugars, 3.5g protein
GF V

4	**cups cubed eggplant**
2	**cups sliced and halved zucchini**
2	**cups roughly chopped red bell peppers**
1	**cup roughly chopped onion**
1	**14.5-oz. can fire-roasted diced tomatoes (not drained)**
½	**cup tomato paste**
1	**tsp. garlic powder**
1	**tsp. onion powder**
½	**tsp. dried oregano**
½	**tsp. salt**
¼	**tsp. black pepper**
⅓	**cup chopped fresh basil**

1. Place all ingredients except basil in a slow cooker. Mix well.

2. Cover and cook on high for 3-4 hours or on low for 7-8 hours, until veggies have softened.

3. Stir in basil.

MAKES 6 SERVINGS

brown sugar garlic pork tenderloin

PREP 10 MINUTES
COOK 3–4 HOURS (HIGH) OR 7–8 HOURS (LOW)

¼ OF RECIPE: 208 calories, 6g total fat (1.5g sat. fat), 377mg sodium, 14g carbs, 2g fiber, 8.5g sugars, 24g protein GF

1	**lb. raw pork tenderloin, trimmed of excess fat**
2	**Tbsp. brown sugar**
1	**Tbsp. chopped garlic**
1	**Tbsp. olive oil**
½	**tsp. salt**
¼	**tsp. black pepper**
⅛	**tsp. smoked paprika**
1½	**cups chopped onion**
1	**cup carrots cut into coins**

1. Spray a slow cooker with nonstick spray. Add pork tenderloin.

2. In a small bowl, mix brown sugar, garlic, oil, salt, pepper, and paprika. Rub mixture over the pork. Top with onion and carrots.

3. Cover and cook on high for 3-4 hours or on low for 7-8 hours, until pork is cooked through and veggies have softened.

MAKES 4 SERVINGS

mixed berry dump cake

PREP 10 MINUTES | **COOK** 3 HOURS

⅛ OF RECIPE: 192 calories, 2g total fat (0.5g sat. fat), 253mg sodium, 41.5g carbs, 3.5g fiber, 22.5g sugars, 1.5g protein V

5	**cups frozen mixed berries**
1½	**Tbsp. cornstarch**
3	**packets natural no-calorie sweetener**
1¾	**cups (about ½ box) yellow cake mix**
½	**cup unsweetened applesauce**
2	**tsp. vanilla extract**
	Optional topping: light whipped topping

1. Spray a slow cooker with nonstick spray. (A 4-qt. capacity is best.) Add berries, cornstarch, and sweetener. Mix well.

2. In a medium bowl, combine cake mix, applesauce, and vanilla extract. Stir until smooth and uniform.

3. Spread cake batter over the berries. Cover and cook on high for 3 hours, or until topping is golden brown and firm.

4. Enjoy hot, warm, or chilled.

MAKES 8 SERVINGS

apple cranberry cobbler cake

PREP 15 MINUTES
COOK 2 HOURS | **COOL** 10 MINUTES

⅛ OF RECIPE: 227 calories, 3g total fat (0.5g sat. fat), 345mg sodium, 48g carbs, 3g fiber, 27.5g sugars, 3g protein V

FILLING

8	**cups peeled and sliced Granny Smith apples (about 8 medium apples)**
2	**Tbsp. cornstarch**
½	**cup sweetened dried cranberries**
3	**Tbsp. brown sugar**
2	**tsp. lemon juice**
2	**tsp. vanilla extract**
1½	**tsp. cinnamon**
¼	**tsp. ground nutmeg**
¼	**tsp. salt**

TOPPING

2	**cups buttermilk pancake mix**
½	**cup unsweetened vanilla almond milk**
3	**Tbsp. light butter, melted**
¼	**cup brown sugar**
1	**tsp. cinnamon**

1. Spray a slow cooker with nonstick spray. (At least 6-qt. capacity is best.) Add apples.

2. In a medium bowl, combine cornstarch with ¾ cup water. Whisk to dissolve. Add remaining filling ingredients, and mix well. Pour over apples, and stir to coat.

3. In a large bowl, combine pancake mix, milk, melted butter, and 2 Tbsp. brown sugar. Mix thoroughly, until a doughlike texture is reached. (It will be sticky!) Dollop over the filling.

4. Sprinkle with cinnamon and remaining 2 Tbsp. brown sugar. Cover and cook on high for 2 hours, or until topping is fully cooked and apples have softened.

5. Let cool until filling has thickened, about 10 minutes.

MAKES 8 SERVINGS

HG ALTERNATIVE: Have a 4-qt. slow cooker? Just halve the recipe!

SLOW COOKER SPOTLIGHT

Crock-Pot Lunch Crock Food Warmer

This mini appliance is a lunch tote and warmer in one! Use it to heat leftovers for a perfect portion-controlled meal.

Reynolds Kitchens Slow Cooker Liners

Cleanup just got easier thanks to these heat-resistant liners. No more scrubbing… Just throw them out when you're done!

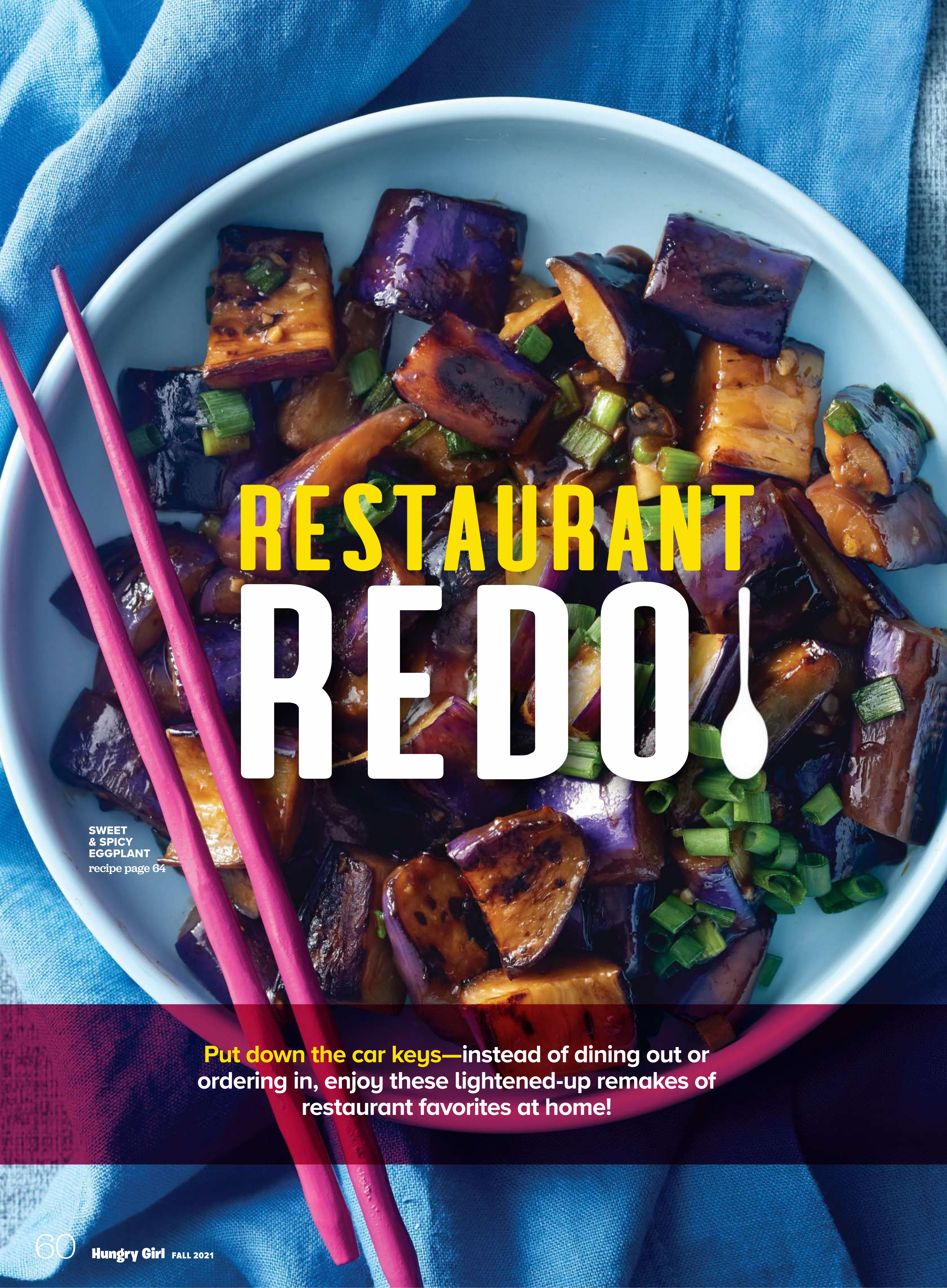
Instant Pot

Did you know that one of the Instant Pot's many features is the ability to slow cook? If you're preparing to invest in a slow cooker, consider this multitasker.

SLOW COOKER CONVERSION CHART

Here's how to convert any oven-baked recipe to a slow-cooker creation… and vice versa!

OVEN	LOW	HIGH
30 MINUTES OR LESS	4–6 HOURS	2–3 HOURS
35–55 MINUTES	6–8 HOURS	3–4 HOURS
1 HOUR OR MORE	8–10 HOURS	4–6 HOURS



RESTAURANT REDO

SWEET & SPICY EGGPLANT
recipe page 64

Put down the car keys—instead of dining out or ordering in, enjoy these lightened-up remakes of restaurant favorites at home!

tex-mex chicken egg rolls

PREP 15 MINUTES | **COOK** 10 MINUTES

⅙ OF RECIPE (1 EGG ROLL WITH SAUCE): 135 calories, 5g total fat (1.5g sat. fat), 503mg sodium, 20g carbs, 11.5g fiber, 2.5g sugars, 12.5g protein 30m

- **4 cups chopped spinach**
- **4 oz. cooked and finely chopped skinless chicken breast**
- **¼ cup canned black beans, drained and rinsed**
- **¼ cup frozen sweet corn kernels**
- **3 Tbsp. light/reduced-fat cream cheese**
- **2 Tbsp. chopped chipotle peppers (previously packed in adobo sauce)**
- **2 tsp. adobo sauce**
- **⅛ tsp. salt**
- **6 6-inch high-fiber flour tortillas with about 50 calories each**
- **¼ cup light sour cream**
- **1 tsp. ranch dressing/dip seasoning mix**
- **¼ tsp. garlic powder**
- **1 Tbsp. chopped tomato**

1. In a microwave-safe bowl, combine spinach, chicken, beans, corn, cream cheese, chipotle peppers, adobo sauce, and salt. Microwave for 2 minutes, or until spinach has wilted and mixture is hot. Mix well.

2. Evenly distribute ⅙ of the filling (about ⅓ cup) along the center of a tortilla. Fold in the sides, and roll up the tortilla around the filling. Repeat to make 5 more egg rolls.

3. Place egg rolls seam side down in an air fryer, and spray with nonstick spray. (If they don't all fit in a single layer, cook a second batch afterward.) Set air fryer to 390°F (or the nearest degree). Cook for 7 minutes, or until golden brown.

4. In a small bowl, combine sour cream, ranch mix, and garlic powder. Mix well, and top with tomato. Serve with egg rolls for dipping.

MAKES 6 SERVINGS

HG FYI: Find chipotle peppers in adobo sauce with the canned Mexican ingredients. Two ingredients in one!

HG ALTERNATIVE: Bake in an oven at 400°F until golden brown, about 12 minutes, flipping halfway through.

HALF THE CALORIES OF CHILI'S SOUTHWESTERN EGGROLLS!

THREE TIMES AS MUCH FIBER AS RED LOBSTER'S CHEDDAR BAY BISCUITS.

cheddar lake biscuits

PREP 10 MINUTES
COOK 15 MINUTES
COOL 20 MINUTES

⅙ OF RECIPE (1 BISCUIT):
131 calories, 3g total fat (1.5g sat. fat), 359mg sodium, 18g carbs, 3g fiber, 1.5g sugars, 8.5g protein V

1	cup whole wheat flour
2	tsp. baking powder
1	tsp. dried parsley
½	tsp. garlic powder
¼	tsp. salt
	Dash cayenne pepper
	Dash paprika
¾	cup frozen riced cauliflower, thawed
¾	cup fat-free plain Greek yogurt
½	cup shredded reduced-fat cheddar cheese
1	Tbsp. light butter

1. Preheat oven to 450°F. Spray a baking sheet with nonstick spray.

2. In a large bowl, combine flour, baking powder, and seasonings. Mix until uniform.

3. Add remaining ingredients, and mix thoroughly. Evenly form into 6 mounds (about ⅓ cup each), and place on the baking sheet.

4. Bake until tops are golden brown and insides are cooked through, 12-14 minutes.

5. Let cool completely, about 20 minutes.

MAKES 6 SERVINGS

cheesy broccoli soup

PREP 15 MINUTES
COOK 40 MINUTES

⅕ OF RECIPE (ABOUT 1 CUP):
143 calories, 5g total fat (3g sat. fat), 715mg sodium, 15.5g carbs, 3.5g fiber, 9g sugars, 10g protein
GF V

3 cups frozen cauliflower florets
3 cups frozen broccoli florets
2 cups fat-free milk
½ cup shredded reduced-fat cheddar cheese
¼ cup light/reduced-fat cream cheese
1 cup vegetable broth
½ cup shredded carrots, roughly chopped
1½ Tbsp. chopped garlic
¾ tsp. salt
¼ tsp. black pepper

1. Bring a large pot of water to a boil. Add cauliflower and 2 cups broccoli. Cook until very tender, about 15 minutes.

2. Drain veggies in a strainer, and place in a blender or food processor. Add milk and both kinds of cheese, and puree until mostly smooth and uniform.

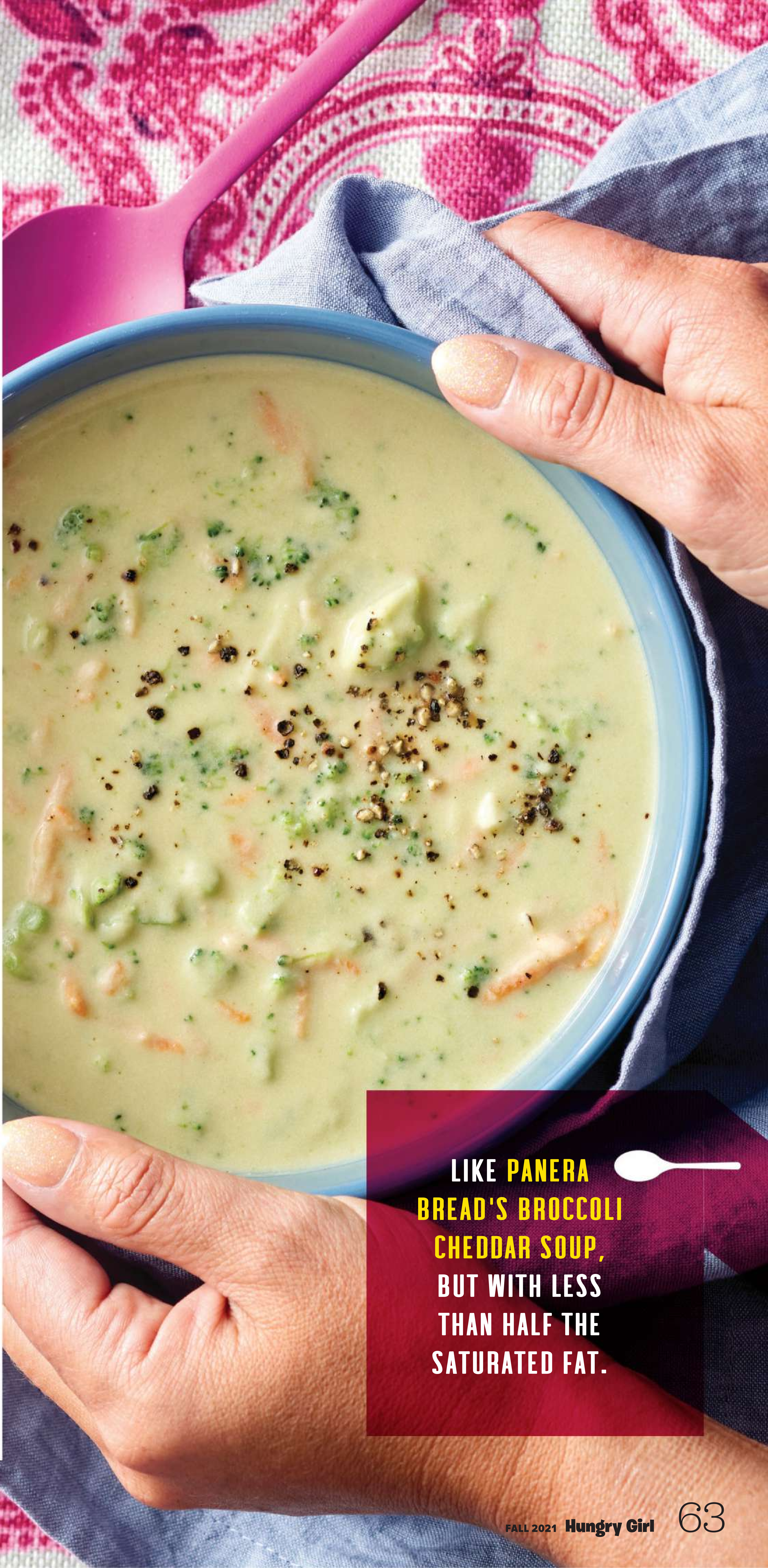
3. Place remaining 1 cup frozen broccoli in a microwave-safe bowl. Microwave for 30 seconds, or until thawed. Roughly chop.

4. Spray the (empty) pot with nonstick spray, and bring to medium-high heat. Add veggie puree, chopped broccoli, and remaining ingredients. Bring to a boil.

5. Reduce to a simmer. Cover and cook for 10 minutes, or until carrots are tender and soup has slightly thickened.

MAKES 5 SERVINGS

HG ALTERNATIVE: Use chicken broth in place of veggie broth for a flavorful spin.



LIKE PANERA BREAD'S BROCCOLI CHEDDAR SOUP, BUT WITH LESS THAN HALF THE SATURATED FAT.

sweet & spicy eggplant

PREP 10 MINUTES | **COOK** 15 MINUTES

½ OF RECIPE (ABOUT 2 CUPS): 160 calories, 3g total fat (0.5g sat. fat), 712mg sodium, 31.5g carbs, 10.5g fiber, 16.5g sugars, 5.5g protein 30m V

2 tsp. cornstarch
2 Tbsp. reduced-sodium soy sauce
1 Tbsp. hoisin sauce
2 packets natural no-calorie sweetener
1 tsp. sesame oil
½ tsp. crushed red pepper flakes
8 cups eggplant cut into 1-inch cubes (Chinese or Japanese eggplant, if available)
2 tsp. chopped garlic
½ cup chopped scallions, or more for topping

1. In a small bowl, combine cornstarch with ½ cup water, and stir to dissolve. Add soy sauce, hoisin sauce, sweetener, oil, and red pepper flakes. Mix well.

2. Bring a wok (or large skillet) sprayed with nonstick spray to medium-high heat. Add eggplant. Cook and stir until mostly softened, 8-10 minutes.

3. Add garlic. Cook and stir until eggplant is soft and garlic is fragrant, about 2 minutes.

4. Reduce heat to medium-low. Stir sauce mixture, and add to the wok. Add scallions. Cook and stir until sauce has thickened, about 2 minutes.

MAKES 2 SERVINGS

1/3 THE AMOUNT OF SODIUM IN PF CHANG'S STIR-FRIED EGGPLANT!

steak squash-fredo

PREP 20 MINUTES | **COOK** 15 MINUTES

½ OF RECIPE: 368 calories, 17.5g total fat (8g sat. fat), 625mg sodium, 15.5g carbs, 3.5g fiber, 9.5g sugars, 39g protein GF

20 oz. (about 2 medium) yellow squash
¼ cup light/reduced-fat cream cheese
2 tsp. light butter
2 tsp. grated Parmesan cheese
2 tsp. chopped garlic
½ tsp. onion powder
¼ tsp. each salt and black pepper
2 5-oz. raw lean steak filets, pounded to an even thickness
Dash dried basil

1. Slice off and discard squash ends. Slice squash into wide strips with a veggie peeler.

2. Bring a large skillet sprayed with nonstick spray to medium-high heat. Add squash, and cook and stir until slightly softened, about 4 minutes. Drain well in a strainer, and return to the skillet.

3. Reduce heat to medium-low. Add cream cheese, butter, Parm, garlic, onion powder, and ⅛ tsp. each salt and pepper. Cook and stir until sauce is uniform and has coated the squash, about 2 minutes. Transfer to a large bowl, and cover to keep warm.

4. Remove skillet from heat; clean, if needed. Respray, and bring to medium heat. Season steak with remaining ⅛ tsp. each salt and pepper. Cook for about 4 minutes per side, until cooked to your preference.

5. Serve steak over squash noodles. Top with basil.

MAKES 2 SERVINGS

HG TIP: When selecting lean steak, try filet mignon or top sirloin.

60% FEWER CALORIES THAN OLIVE GARDEN'S STEAK ALFREDO!

chicken brianna

PREP 10 MINUTES
COOK 15 MINUTES

½ OF RECIPE: 318 calories, 11g total fat (4g sat. fat), 628mg sodium, 15g carbs, 3g fiber, 7g sugars, 30g protein 30m GF

- **2 4-oz. raw boneless skinless chicken breast cutlets**
- **¼ tsp. each salt and black pepper**
- **½ cup chopped onion**
- **¼ cup sliced sun-dried tomatoes (bagged or rinsed)**
- **1 Tbsp. chopped garlic**
- **⅓ cup dry white wine**
- **2 Tbsp. lemon juice**
- **2 Tbsp. light butter**
- **¼ cup crumbled feta cheese**
- **2 Tbsp. chopped fresh basil**

1. Bring a skillet sprayed with nonstick spray to medium heat. Season chicken with ⅛ tsp. each salt and pepper. Cook chicken for about 4 minutes per side, until cooked through. Transfer to a plate, and cover to keep warm.

2. Clean skillet, respray, and bring to medium-high heat. Add onion. Cook and stir until mostly softened and browned, about 3 minutes.

3. Reduce heat to medium-low. Add tomatoes, garlic, wine, lemon juice, butter, and remaining ⅛ tsp. each salt and pepper. Cook and stir until liquid has reduced, about 2 minutes.

4. Spoon veggie mixture over chicken. Top with feta and basil.

MAKES 2 SERVINGS

HG TIP: Serve this over veggie noodles, like Palmini Hearts of Palm Linguine!

INSPIRED BY CARRABBA'S CHICKEN BRYAN, BUT WITH 260 FEWER CALORIES.

FRUITS & VEGGIES

sandwich style!

Step up your sandwich game and your snack game at the same time by layering flavorful fillings between fruits and veggies!

apple club sandwiches

PREP 5 MINUTES
COOK 10 MINUTES

⅕ OF RECIPE (1 SANDWICH): 105 calories, 4.5g total fat (1g sat. fat), 349mg sodium, 7.5g carbs, 1.5g fiber, 5g sugars, 9g protein 30m GF

5	**slices center-cut bacon or turkey bacon**
2	**large Granny Smith apples**
5	**oz. (about 10 slices) reduced-sodium skinless turkey breast**
5	**thin slices tomato**
5	**small lettuce leaves**
2	**Tbsp. light mayonnaise**

1. Cook bacon until crispy, either in a skillet or in the microwave. (See package for cook time.) Break in half.

2. Cut apples into 10 round ¼-inch-thick slices. (Discard seeds and cores.)

3. Top half of the apple rounds with turkey, bacon, tomato, lettuce, and mayo, followed by the remaining apple rounds.

MAKES 5 SERVINGS

fork 'n knife eggplant caprese sandwiches

PREP 10 MINUTES
COOK 25 MINUTES

¼ OF RECIPE (1 SANDWICH): 90 calories, 3g total fat (1.5g sat. fat), 160mg sodium, 11.5g carbs, 4.5g fiber, 7g sugars, 5.5g protein GF V

1	**wide eggplant**
1	**Tbsp. balsamic vinegar**
⅛	**tsp. black pepper**
½	**cup shredded part-skim mozzarella cheese**
4	**large tomato slices**
½	**cup jarred roasted red peppers packed in water, drained and chopped**
¼	**cup chopped fresh basil**

1. Cut eggplant widthwise into eight ¾-inch-thick slices. (Discard ends.) Pat dry.

2. Brush eggplant with vinegar, and sprinkle with black pepper.

3. Bring a large skillet sprayed with nonstick spray to medium heat. Add 4 eggplant slices, and cook until soft, about 5 minutes per side. Set aside.

4. Cook remaining 4 eggplant slices until soft, about 5 minutes per side. Top with mozzarella, and cook until melted, about 1 minute.

5. Top the cheese-covered eggplant slices with tomato, red peppers, basil, and remaining eggplant slices.

MAKES 4 SERVINGS

fancy pants pear sandwiches

PREP 10 MINUTES

¼ OF RECIPE (1 SANDWICH): 94 calories, 5.5g total fat (3g sat. fat), 128mg sodium, 7.5g carbs, 1.5g fiber, 5g sugars, 3g protein 30m 5I GF V

2	**cups arugula**
2	**tsp. balsamic vinegar**
1½	**tsp. olive oil**
	Dash each salt and black pepper
2	**large pears**
2	**oz. brie, cut into 4 thin slices**

1. In a bowl, toss arugula with vinegar, oil, salt, and pepper.

2. Cut pears into eight ¼-inch-thick slices. (Discard seeds and cores.)

3. Top half of the pear slices with brie, arugula, and remaining pear slices.

MAKES 4 SERVINGS

open-faced tuna pepper sandwich

PREP 5 MINUTES

ENTIRE RECIPE: 239 calories, 7g total fat (0.5g sat. fat), 538mg sodium, 15g carbs, 2.5g fiber, 9g sugars, 28g protein 30m GF

1	**5-oz. can albacore tuna packed in water, drained and flaked**
1	**Tbsp. fat-free plain Greek yogurt**
1	**Tbsp. light mayonnaise**
2	**tsp. honey mustard**
1	**tsp. sweet relish**
1	**large red bell pepper**
	Optional: chopped fresh dill

1. In a medium bowl, combine all ingredients except bell pepper. Mix until uniform.

2. Slice off and discard stem end of pepper. Remove and discard seeds. Slice pepper in half from top to bottom.

3. Divide tuna salad between pepper halves.

MAKES 1 SERVING

Look for firm pears. (Mushy fruit is a no-no.) Bartlett and Asian pears work great!

fun with MAC &

LIGHTENED-UP EASY MAC & CHEESY
recipe page 70

EASY CHEESY TUNA MAC
recipe page 70

CHEESE

Mac & cheese is classic comfort food, and we're giving the supermarket staple a *Hungry Girl twist.* Think outside the box!

CONSIDER THIS YOUR GO-TO CHEESY MAC. MAKE A BATCH IN ADVANCE, AND USE IT IN THE FOLLOWING RECIPES!

lightened-up easy mac & cheesy

PREP 5 MINUTES
COOK 15 MINUTES

⅓ OF RECIPE (ABOUT 1 CUP): 285 calories, 6g total fat (2.5g sat. fat), 634mg sodium, 47.5g carbs, 2g fiber, 6.5g sugars, 9g protein 30m 5i V

- **1 7.25-oz. box mac & cheese**
- **2 Tbsp. fat-free milk**
- **2 Tbsp. light butter**

1. Bring a large pot of water to a boil. Add macaroni, and cook until tender, 7-8 minutes, stirring occasionally.

2. Drain in a strainer, and return to the pot. Add cheese packet, milk, and butter. Mix thoroughly.

MAKES 3 SERVINGS

HG FYI: Kraft Macaroni & Cheese is a staple, but it's not vegetarian. Shop around to find what works for you!

mac & cheese primavera

TOTAL TIME 5 MINUTES

ENTIRE RECIPE: 226 calories, 4.5g total fat (2g sat. fat), 460mg sodium, 35.5g carbs, 5g fiber, 9g sugars, 9.5g protein 30m

- **1½ cups frozen broccoli, cauliflower, and carrots mix**
- **½ cup Lightened-Up Easy Mac & Cheesy (left)**
- **⅓ cup cherry tomatoes, halved**
- **¼ tsp. garlic powder**
- **¼ tsp. Italian seasoning**
- **1½ tsp. grated Parmesan cheese**

1. Place frozen veggies in a microwave-safe bowl. Cover and microwave for 1½ minutes, or until thawed.

2. Add mac & cheese, tomatoes, and seasonings. Mix well. Microwave for 1 minute, or until hot.

3. Top with Parm.

MAKES 1 SERVING

easy cheesy tuna mac

TOTAL TIME 5 MINUTES

ENTIRE RECIPE: 292 calories, 5g total fat (1.5g sat. fat), 600mg sodium, 37g carbs, 6g fiber, 8g sugars, 26g protein 30m 5i

- **1 cup frozen riced cauliflower**
- **⅓ cup frozen peas**
- **1 2.6-oz. pouch albacore tuna in water**
- **½ cup Lightened-Up Easy Mac & Cheesy (far left)**
- **Optional topping: fresh chives**

1. Place cauliflower and peas in a microwave-safe bowl. Microwave for 1½ minutes, or until thawed.

2. Add tuna and mac & cheese. Mix until uniform. Microwave for 1 minute, or until hot.

MAKES 1 SERVING

HG TIP

Add a splash of milk to leftovers before reheating, and they're good as new.

mac & cheese tacos

TOTAL TIME 5 MINUTES

½ OF RECIPE (2 TACOS):
267 calories, 8.5g total fat (3g sat. fat), 428mg sodium, 39.5g carbs, 5g fiber, 3.5g sugars, 11g protein 30m V

- ½ **cup meatless crumbles**
- ¼ **tsp. taco seasoning**
- ¾ **cup Lightened-Up Easy Mac & Cheesy (opposite page)**
- 4 **corn taco shells**
- ½ **cup shredded lettuce**
- ⅓ **cup chopped tomatoes**
- **Optional topping: light sour cream**

1. Place crumbles in a small microwave-safe bowl. Microwave for 30 seconds, or until hot. Add taco seasoning, and mix well.

2. If needed, reheat mac & cheese. Fill taco shells with seasoned crumbles, followed by remaining ingredients.

MAKES 2 SERVINGS

PRODUCT SPOTLIGHT: MorningStar Farms Veggie Grillers Crumbles!

blt mac & cheese egg rolls

PREP 10 MINUTES
COOK 10 MINUTES

¼ OF RECIPE (1 EGG ROLL):
133 calories, 2g total fat (0.5g sat. fat), 310mg sodium, 24.5g carbs, 1.5g fiber, 2.5g sugars, 5g protein

- 2 **cups roughly chopped spinach**
- ¾ **cup Lightened-Up Easy Mac & Cheesy (opposite page)**
- 2 **Tbsp. chopped sun-dried tomatoes (bagged or rinsed)**
- 1 **Tbsp. precooked crumbled bacon**
- 4 **egg roll wrappers**

1. Place spinach in a microwave-safe bowl. Microwave for 1 minute, or until wilted.

2. Pat dry. Add all remaining ingredients except egg roll wrappers. Mix thoroughly.

3. Evenly distribute one-fourth of the filling (about ⅓ cup) along the center of an egg roll wrapper. Fold in the sides, and roll up the wrapper around the filling. Seal with a dab of water. Repeat to make 3 more egg rolls.

4. Place egg rolls seam side down in an air fryer, and spray with nonstick spray. Set air fryer to 390°F (or the nearest degree). Cook for 6 minutes, or until golden brown.

MAKES 4 SERVINGS

OVEN ALTERNATIVE: Bake at 375°F until golden brown, 25–30 minutes.

HG TIP
Find egg roll wrappers in the refrigerated section near the tofu.

WORLD'S EASIEST CHOCOLATE CAKE

5 WAYS

Lighten things up! Add Greek yogurt to your cake mix (skip the box directions) for the ultimate 2-ingredient indulgence with just 150 calories per slice! Then dress it up, Hungry Girl style.

triple chocolate cake

PREP 5 MINUTES
COOK 35 MINUTES

1⁄12 OF CAKE: 186 calories, 4g total fat (2.5g sat. fat), 308mg sodium, 34.5g carbs, 1.5g fiber, 20.5g sugars, 4g protein 5i V

- **1 box devil's food cake mix**
- **1 cup fat-free plain Greek yogurt**
- **2 Tbsp. mini semisweet chocolate chips**
- **2 Tbsp. milk chocolate chips, chopped**
- **2 Tbsp. white chocolate chips, chopped**
- **Optional topping: melted semisweet chocolate chips**

1. Preheat oven to 350°F. Spray a 9"×13" baking pan with nonstick spray.

2. In a large bowl, combine cake mix with yogurt. Add ¾ cup water, and mix thoroughly. Fold in half of each kind of chocolate chips. Transfer to the baking pan, and smooth out the top.

3. Sprinkle with all remaining chocolate chips, and lightly press to adhere. Bake until a knife inserted into the center comes out clean, about 35 minutes.

MAKES 12 SERVINGS

s’mores cake

PREP 5 MINUTES
COOK 40 MINUTES

1⁄12 OF CAKE: 210 calories, 3.5g total fat (2g sat. fat), 321mg sodium, 42.5g carbs, 1.5g fiber, 25.5g sugars, 4g protein 5i

1 box devil’s food cake mix
1 cup fat-free plain Greek yogurt
3 cups mini marshmallows
3 Tbsp. mini semisweet chocolate chips
4 graham crackers (1 sheet), finely crushed

1. Preheat oven to 350°F. Spray a 9"×13" baking pan with nonstick spray.

2. In a large bowl, combine cake mix with yogurt. Add ¾ cup water, and mix thoroughly. Transfer to the baking pan, and smooth out the top.

3. Bake until a knife inserted into the center comes out clean, about 35 minutes.

4. Set oven to broil. Top cake with marshmallows and chocolate chips. Broil until marshmallows have lightly browned, about 1 minute.

5. Sprinkle with crushed graham crackers.

MAKES 12 SERVINGS

peanut butter explosion chocolate cake

PREP 5 MINUTES
COOK 35 MINUTES | **COOL** 1 HOUR

1⁄12 OF CAKE: 207 calories, 5.5g total fat (2.5g sat. fat), 332mg sodium, 34.5g carbs, 2g fiber, 19.5g sugars, 6g protein 5i V

1	**box devil's food cake mix**
1	**cup fat-free plain Greek yogurt**
⅓	**cup peanut butter baking chips, chopped**
¼	**cup powdered peanut butter**
1½	**Tbsp. creamy peanut butter**

1. Preheat oven to 350°F. Spray a 9"×13" baking pan with nonstick spray.

2. In a large bowl, combine cake mix with yogurt. Add ¾ cup water, and mix thoroughly. Fold in half of the baking chips. Transfer to the baking pan, and smooth out the top.

3. Top with remaining baking chips, and lightly press to adhere. Bake until a knife inserted into the center comes out clean, about 35 minutes.

4. Let cool completely, about 1 hour.

5. In a small bowl, combine powdered peanut butter, creamy peanut butter, and ⅓ cup water. Mix until uniform. Drizzle over cake.

MAKES 12 SERVINGS

cake fix tips & tricks

Flavor Swap
Try making the 2-ingredient base with other cake mixes, like spice cake and yellow cake!

Cupcake City
Pour the batter into a muffin pan, and bake until cooked through.

Oven Lovin'
Always use the middle oven rack for an evenly baked cake.

Chill Out
For best taste and texture, let your cake cool completely, about 1 hour.

black forest cake

PREP 10 MINUTES
COOK 35 MINUTES

1⁄12 OF CAKE: 167 calories, 2.5g total fat (1g sat. fat), 305mg sodium, 33.5g carbs, 1.5g fiber, 19.5g sugars, 4g protein 5i V

- **1 box devil's food cake mix**
- **1 cup fat-free plain Greek yogurt**
- **2 cups frozen pitted dark sweet cherries, slightly thawed and halved, or more for topping**
- **Optional toppings: light whipped topping, powdered sugar**

1. Preheat oven to 350°F. Spray a 9"×13" baking pan with nonstick spray.

2. In a large bowl, combine cake mix with yogurt. Add ½ cup water, and mix thoroughly. (Batter will be thick.) Fold in cherries. Transfer to the baking pan, and smooth out the top.

3. Bake until a knife inserted into the center comes out clean, about 35 minutes.

MAKES 12 SERVINGS

HG TIP: Slice a piece in half horizontally and fill with light whipped topping (thawed from frozen). Hello, cake sandwich!

chocolate turtle cake

PREP 5 MINUTES
COOK 40 MINUTES | **COOL** 1 HOUR

1/12 OF CAKE: 193 calories, 5g total fat (1.5g sat. fat), 320mg sodium, 34.5g carbs, 1.5g fiber, 19g sugars, 4g protein 5i V

1	**box devil's food cake mix**
1	**cup fat-free plain Greek yogurt**
1½	**oz. (about ⅓ cup) chopped pecans**
¼	**cup light caramel dip**

1. Preheat oven to 350°F. Spray a 9"×13" baking pan with nonstick spray.

2. In a large bowl, combine cake mix with yogurt. Add ¾ cup water, and mix thoroughly. Fold in half of the pecans. Transfer to the baking pan, and smooth out the top.

3. Bake until a knife inserted into the center comes out clean, about 35 minutes.

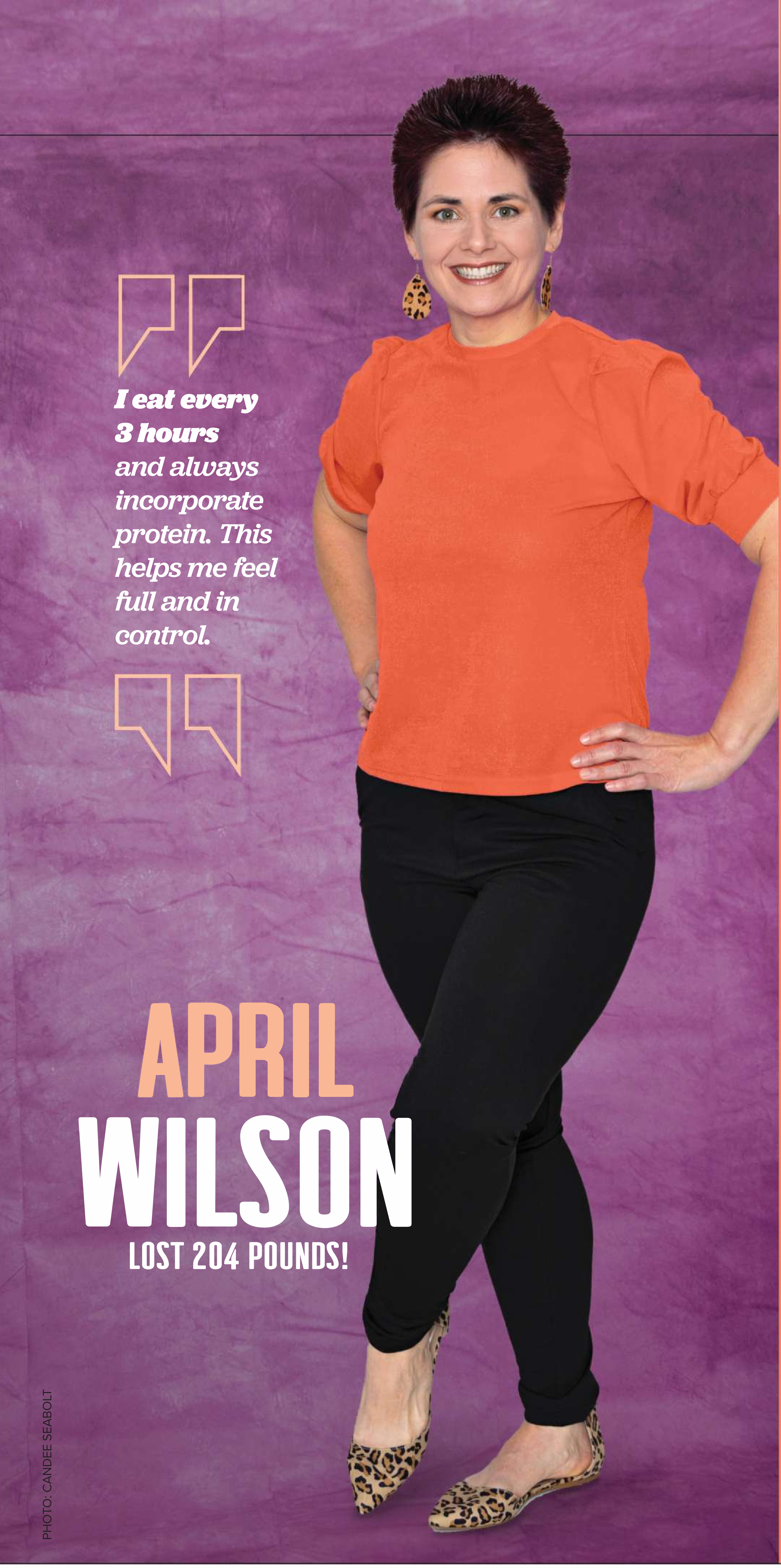
4. Let cool completely, about 1 hour.

5. In a microwave-safe bowl, heat caramel for 30 seconds, or until hot. Drizzle over cake, and top with remaining pecans.

MAKES 12 SERVINGS

THE SWEET TASTE OF SUCCESS

We chatted with five inspiring Hungry Girl fans about how they made some major life changes– now they feel happier and healthier than ever!



> ***I eat every 3 hours*** *and always incorporate protein. This helps me feel full and in control.*

APRIL WILSON

LOST 204 POUNDS!

PHOTO: CANDEE SEABOLT

AGE 40

BEFORE WEIGHT: 344 LBS.

AFTER WEIGHT: 140 LBS.

When life began to feel increasingly difficult as a result of her weight, April knew it was time to make a change. After finding success with a high-protein diet and exercise she enjoyed, she was training for a triathlon... and then the pandemic hit. Rather than let her motivation stall, she discovered a new passion–working to become a certified personal trainer!

Did you have an "aha" moment?

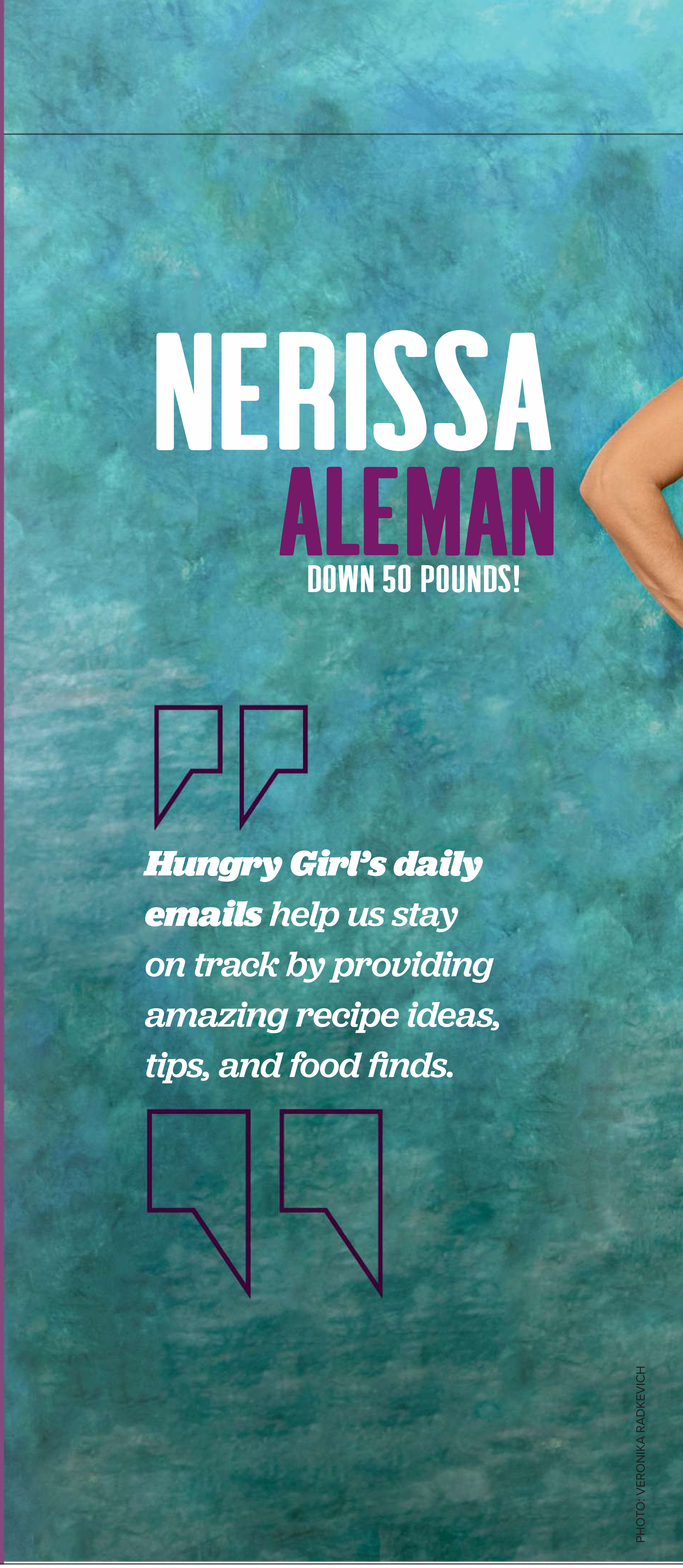
I did! After about 15 years of losing and gaining the same 100+ pounds, I finally met with a nutritionist, who suggested a high-protein diet. As simple as it seems, this was a game changer! I'd never focused on protein, but I found out my body loves it. I eat every 3 hours and always incorporate protein. This helps me feel full and in control.

What other changes helped you to lose the weight?

After trying a million things, I realized that just dieting didn't work for me, and just exercise didn't either. So in addition to my high-protein diet, I turned to exercise. I'll never forget my first day at the gym: I was using the elliptical, but it kept shutting off. Turns out I was moving too slowly to keep it going! But I continued to work at it, eventually training for a triathlon. There's nothing like the sense of accomplishment that washes over as you cross a finish line.

What obstacles did you face on your weight-loss journey, and how did you overcome them?

My biggest obstacle has been emotional eating. Through lots of hard work and introspection, I learned that the only problem food solves is hunger. I was at my lowest adult weight in 2011 when my mother died unexpectedly. Within six months, my grandfather and father passed. The only coping mechanism I knew was food. But it only made me feel worse. These days, when I'm stressed, exercise is my go-to. Recently, during a particularly rough week, I found myself in front of the open refrigerator. I realized what was happening and posted a note inside the fridge that said, "Are you really hungry?" I shut the door, and went for a walk. Afterward, I felt so much better!



NERISSA ALEMAN

DOWN 50 POUNDS!

Nerissa (left)	*Clarissa (right)*
AGE 47	AGE 44
BEFORE WEIGHT: 185 LBS.	BEFORE WEIGHT: 165 LBS.
AFTER WEIGHT: 135 LBS.	AFTER WEIGHT: 133 LBS.

BEFORE

Nerissa & Clarissa are the type of sisters who do just about everything together... including trying practically every fad diet on the planet. After losing their mother 6 years ago, they decided to make lifestyle changes to become healthier–for themselves and their families. Another turning point came after they attended Oprah's 2020 Vision tour last year: "As Oprah asked us, we stated our goals and set our specific intentions, and we've seen them become a reality. We've become more focused on wellness and self-care."

What are the biggest changes you've made to your eating habits and lifestyle?
One of the biggest changes we've made has been adding vegetables to all our meals, like veggie-packed omelettes and frittatas for breakfast, and roasted vegetables or salads at lunch and dinner. Something else that we find helpful is having preportioned snacks on hand–things like cut-up fruit, premeasured almonds, and protein bars. We've also found that daily activity helps us to destress and decompress.

What keeps you motivated? We're blessed to have each other for motivation, inspiration, support, and accountability. Last year, we started a joint Instagram account focusing on wellness (@chicasfrommiamionww). We also participate in a lot of exercise challenges. You might not always feel motivated to work out or eat well, but push yourself to do it anyway. The motivation always comes, and you'll feel better afterwards.

How has Hungry Girl helped you on your journey? Hungry Girl's daily emails help us stay on track by providing amazing recipe ideas, tips, and food finds. We also love that all the recipes list the WW point values. It's extremely helpful for anyone following the WW wellness plan. Other than the daily emails, we love the Hungry Girl podcast. Our favorites are the ones where Lisa, Jamie, and Mike do the supermarket hauls. We take notes on what they love and add those items to our grocery list!

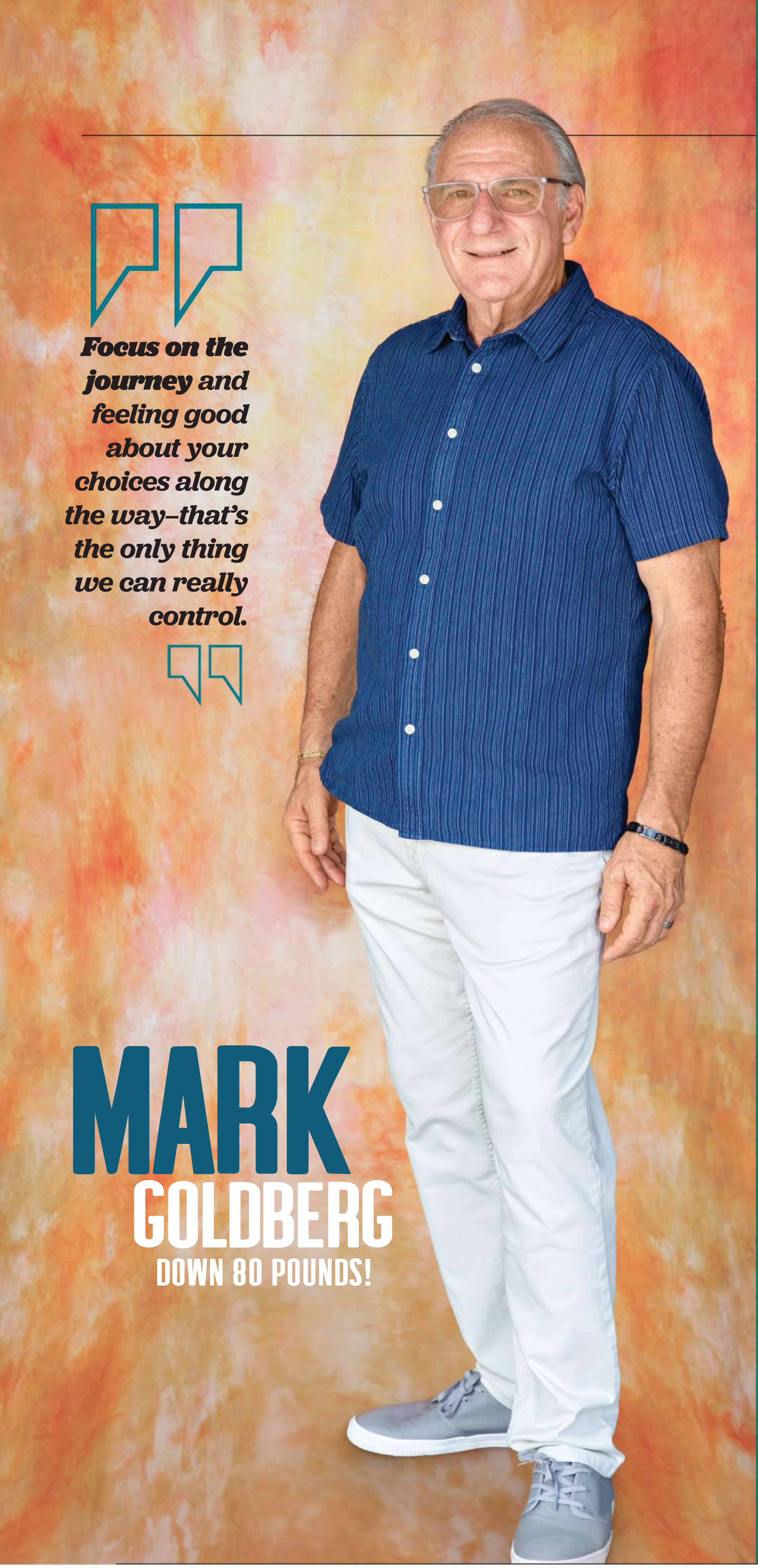
> ***Hungry Girl's daily emails** help us stay on track by providing amazing recipe ideas, tips, and food finds.*

PHOTO: VERONIKA RADKEVICH

> ***We're blessed to have each other*** *for motivation, inspiration, support, and accountability.*

CLARISSA REQUENY

LOST 32 POUNDS!



> ***Focus on the journey and feeling good about your choices along the way–that's the only thing we can really control.***

MARK GOLDBERG

DOWN 80 POUNDS!

BEFORE

AGE 69

BEFORE:
278 LB.
AFTER:
198 LB.

Mark's journey spans around 50 years: "I've lost over 100 lbs. not once, but twice." He's a firm believer in pairing WW with Hungry Girl, and he's found strategies to make his current weight loss stick. And Mark isn't exactly a stranger to us at Hungry Girl... "My daughter, Jamie, is the VP of Content & Operations for Hungry Girl, so I've been a part of the HG family for 15 years!"

What weight-loss methods have you tried? Why did or didn't they work? Over the years, I've tried everything: Atkins, protein shakes, Jenny Craig, and (of course) WW. I believe any "diet" will work if you're motivated and want it to. However, I have to look at it and say, *Which plan can I stay on for the rest of my life and not feel deprived?* The only one that satisfies that need for me is WW.

How do you deal with temptation? I stay on track by determining before I eat something whether or not it's worth it. I ask myself, *When was the last time I had this, and when is the next time I can have it?* If it's truly something special that's not part of my regular routine, I have it and move on. I try not to look backwards; only ahead.

What advice would you give someone struggling to lose weight? Decide early on that it's NOT about how much or how fast. When we do that, we set ourselves up for disappointment. Most plans will have periods where you don't lose; you may even gain. Focus on the journey and feeling good about your choices along the way–that's the only thing we can really control. Be careful not to confuse a GOAL with a FINISH LINE. If you do that, you run the risk of reaching your *goal* and feeling like the *race* is over. For permanent weight loss, you want smart food selections to become comfortable and second nature, versus feeling like you're sacrificing certain foods so you can be thinner.

PHOTO: ADRIENNE FLETCHER

PHOTO: VERONIKA RADKEVICH

TENA GRANIT

LOST 180+ POUNDS!

> ***If you truly stop to listen*** *to your body, you'll know what it needs.*

AGE 48

BEFORE WEIGHT: 313.5 LB.

AFTER WEIGHT: 132 LBS.

After a health scare in 2016, something clicked for Tena. "I was rushed to the emergency room because I thought I was having a heart attack, and it really scared me... Thankfully, I wasn't." She knew she needed to make herself and her health a priority, instead of always putting herself last behind work, family, and everything else. With a husband and two kids, there are always tempting foods around–but through exercise, WW, and eating to fuel her body, she reached her goal in 2019 and has maintained it ever since.

How, if at all, has the pandemic affected your weight and health management?
I was able to maintain my weight, but it was quite challenging. When my gym had to close, I was really nervous that I would lose focus. So I would go for a walk/jog every morning to keep my morning routine. Luckily, the gym quickly shifted to an online platform, and I was able to stay in shape. At the same time as the pandemic, I was caring for my dying mom. My husband was so supportive–he would help care for my mom so that I could still prepare healthy meals and exercise.

What other benefits have you noticed that came with the weight loss?
My health is so much better. I was able to decrease my blood pressure medication and reverse fatty liver issues. In addition, I would not have been able to care for my mom in her last 18 months of life had I not gotten healthy. Plus, my mindset has totally changed, and I look at food completely differently.

What strategies help you to make healthy choices?
For me, exercising, tracking food, drinking plenty of water, and truly listening to my body are key to making healthy choices. Some days my body needs more protein; other days it may need more fats. If you truly stop to listen to your body, you'll know what it needs. Hungry Girl has helped along my journey by sharing great, healthy, easy recipes. I never feel like I'm dieting because the food I eat is so delicious.

THEIR FAVORITE RECIPES!

> ***I never feel like I'm dieting because the food I eat is so delicious.*** *- Tena Granit*

TENA GRANIT'S FAVORITE RECIPE:

roasted veggie egg bakes

PREP 20 MINUTES | **COOK** 40 MINUTES

1/6 OF RECIPE (2 BAKES): 122 calories, 3g total fat (2g sat. fat), 384mg sodium, 7g carbs, 1g fiber, 3g sugars, 15.5g protein GF V

- **1 cup chopped bell pepper**
- **1 cup chopped onion**
- **1 cup chopped zucchini**
- **¼ tsp. each salt and black pepper**
- **2½ cups (about 20 large) egg whites or fat-free liquid egg substitute**
- **2 Tbsp. fat-free plain Greek yogurt**
- **¾ cup shredded reduced-fat cheddar cheese**
- **¼ cup chopped fresh basil**

1. Preheat oven to 400°F. Spray a large baking sheet and a 12-cup muffin pan with nonstick spray.

2. Lay bell pepper, onion, and zucchini on the baking sheet, evenly spaced. Season with salt and black pepper.

3. Bake for 20 minutes, or until softened and lightly browned, stirring halfway through.

4. Remove baking sheet from oven, and reduce heat to 350°F.

5. In a large bowl, whisk egg with Greek yogurt until mostly smooth. Stir in cheese, basil, and cooked veggies.

6. Evenly distribute mixture among the cups of the muffin pan. (Cups will be full.) Bake until firm and cooked through, about 20 minutes.

MAKES 6 SERVINGS

APRIL WILSON'S FAVORITE RECIPE:

instant pot italian meatballs

PREP 20 MINUTES
COOK 25 MINUTES | **COOL** 10 MINUTES

1/5 OF RECIPE (4 MEATBALLS WITH SAUCE): 213 calories, 6g total fat (2g sat. fat), 559mg sodium, 15g carbs, 2.5g fiber, 7.5g sugars, 24g protein

- **2 cups marinara sauce with 70 calories per ½-cup serving**
- **1 lb. raw extra-lean ground beef (at least 96% lean)**
- **1 cup finely chopped onion**
- **⅓ cup (about 3 large) egg whites or fat-free liquid egg substitute**
- **¼ cup panko bread crumbs**
- **1 Tbsp. grated Parmesan cheese, or more for topping**
- **½ tsp. garlic powder**
- **½ tsp. Italian seasoning**
- **¼ tsp. each salt and black pepper**

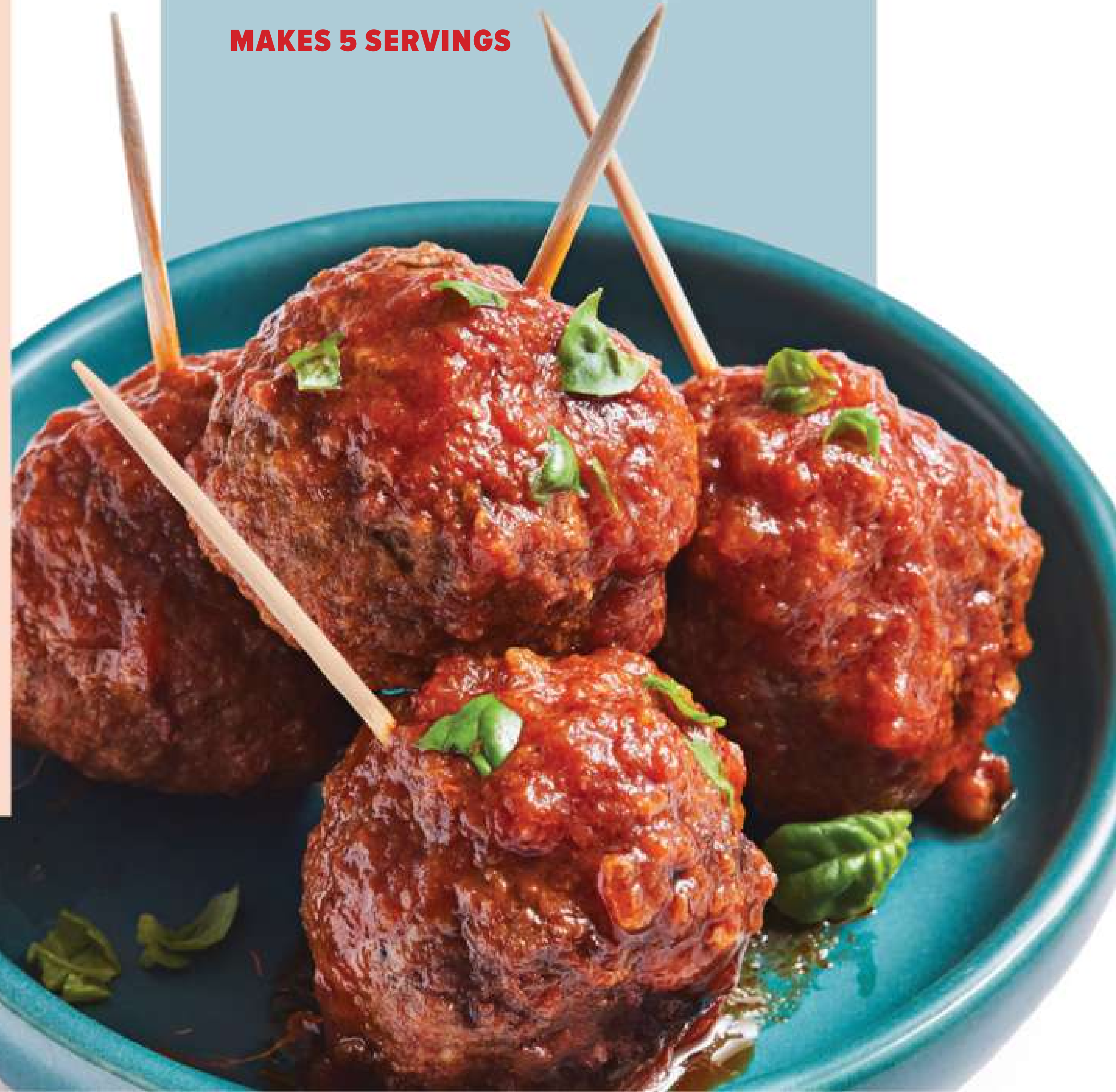
1. Add marinara sauce to an Instant Pot sprayed with nonstick spray.

2. In a large bowl, combine remaining ingredients. Mix thoroughly.

3. Firmly and evenly form into 20 meatballs, and place in the pot. Seal, select Manual/Pressure Cook, and set for 8 minutes.

4. Once cooked, press Keep Warm/Cancel. Let sit for 10 minutes. Vent to release steam.

MAKES 5 SERVINGS



NERISSA AND CLARISSA'S FAVORITE RECIPE:

air-fryer asian chicken burgers

PREP 5 MINUTES | **COOK** 15 MINUTES

½ OF RECIPE (1 PATTY): 192 calories, 1.5g total fat (<0.5g sat. fat), 412mg sodium, 13g carbs, 0.5g fiber, 8.5g sugars, 26g protein 30m 5i GF

- 8 oz. raw extra-lean ground chicken (at least 98% lean)
- ¼ cup canned sliced water chestnuts, drained and chopped
- ¼ cup chopped scallions, or more for topping
- 2 Tbsp. sweet chili sauce, or more for topping
- ¼ tsp. garlic powder
- ¼ tsp. onion powder
- Dash salt

1. Combine all ingredients in a medium-large bowl. Mix thoroughly. Evenly form into 2 patties, each about ½-inch thick.

2. Spray air fryer with nonstick spray. Add patties in a single layer. Set temperature to 392°F (or the nearest degree).

3. Cook for 12 minutes, or until cooked through.

MAKES 2 SERVINGS

OVEN ALTERNATIVE: Bake at 400°F until golden brown, 14–16 minutes, flipping halfway through.

> ***One of the biggest changes we've made has been adding vegetables to all our meals.***
>
> *- Nerissa & Clarissa*

MARK GOLDBERG'S FAVORITE RECIPE:

scoopable slow-cooker apple pie

PREP 5 MINUTES | **COOK** 1½ HOURS | **COOL** 10 MINUTES

⅛ OF RECIPE (ABOUT ¾ CUP): 64 calories, <0.5g total fat (0g sat. fat), 73mg sodium, 20.5g carbs, 1.5g fiber, 11g sugars, <0.5g protein 5i GF V

- 8 cups peeled and sliced Granny Smith apples
- 2 Tbsp. cornstarch
- ⅓ cup natural no-calorie sweetener that measures like sugar
- 2 tsp. lemon juice
- 1½ tsp. cinnamon
- 1 tsp. vanilla extract
- ¼ tsp. nutmeg
- ¼ tsp. salt
- Optional topping: light whipped topping

1. Place apples in a slow cooker sprayed with nonstick spray.

2. In a medium bowl, combine cornstarch with ¾ cup water. Whisk to dissolve. Add all remaining ingredients. Whisk well.

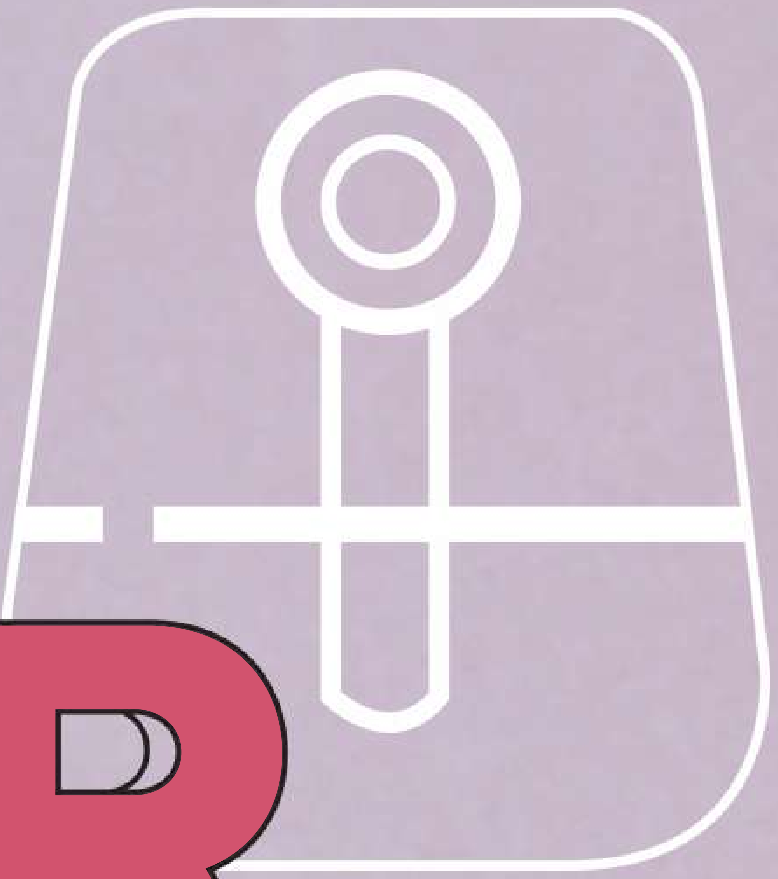
3. Pour cornstarch mixture over apples, and stir to coat.

4. Cover and cook on high for 1½ hours, or until apples have softened and liquid has thickened.

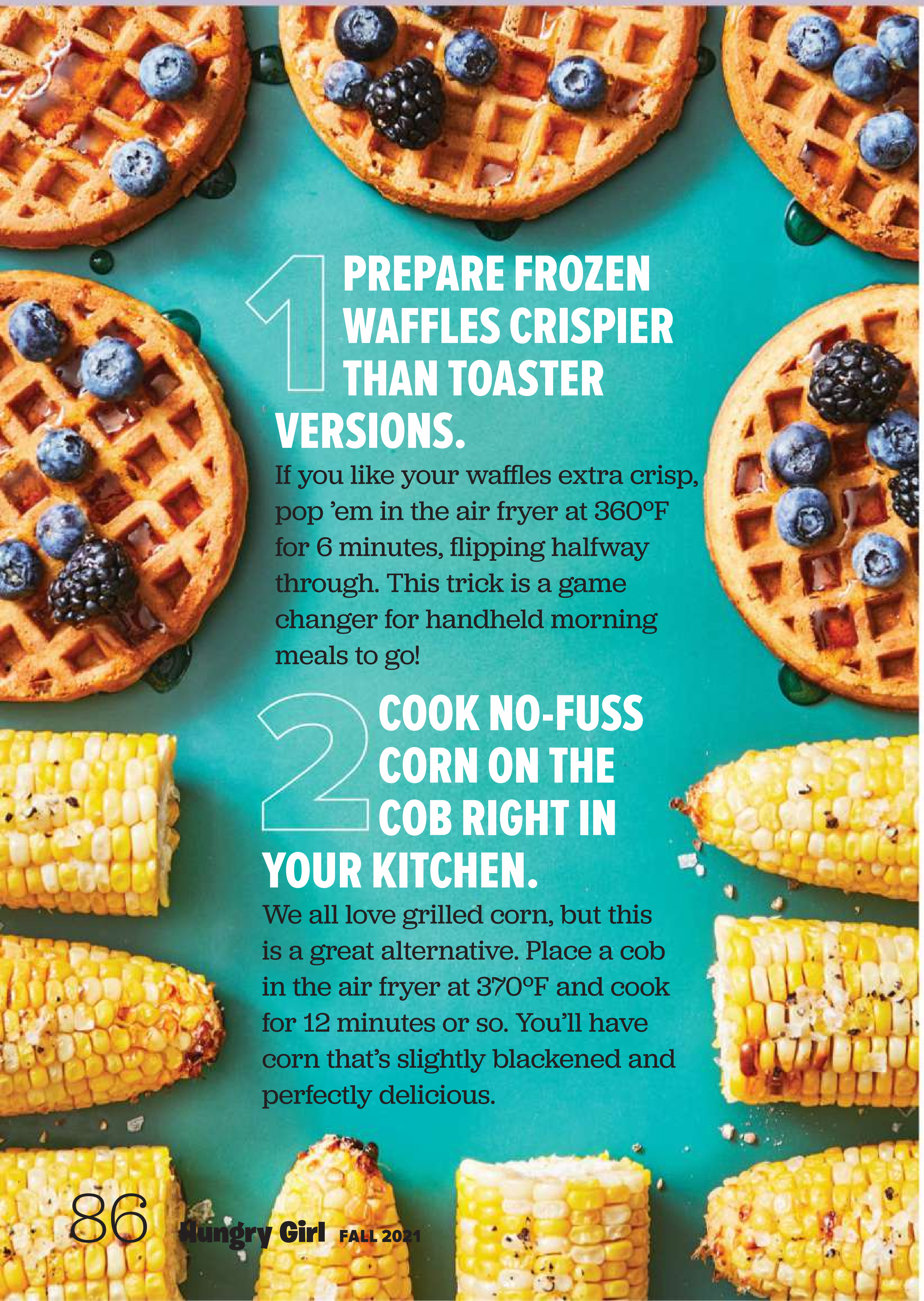
5. Let cool and thicken, about 10 minutes.

MAKES 8 SERVINGS

10 UNEXPECTED WAYS TO USE YOUR AIR FRYER



Air fryers are among the hottest kitchen gadgets on the market, and with good reason. They satisfy fried food cravings without excess calories and fat! But if you think that's all they do, prepare to have your mind blown...



1 PREPARE FROZEN WAFFLES CRISPIER THAN TOASTER VERSIONS.

If you like your waffles extra crisp, pop 'em in the air fryer at 360°F for 6 minutes, flipping halfway through. This trick is a game changer for handheld morning meals to go!

2 COOK NO-FUSS CORN ON THE COB RIGHT IN YOUR KITCHEN.

We all love grilled corn, but this is a great alternative. Place a cob in the air fryer at 370°F and cook for 12 minutes or so. You'll have corn that's slightly blackened and perfectly delicious.

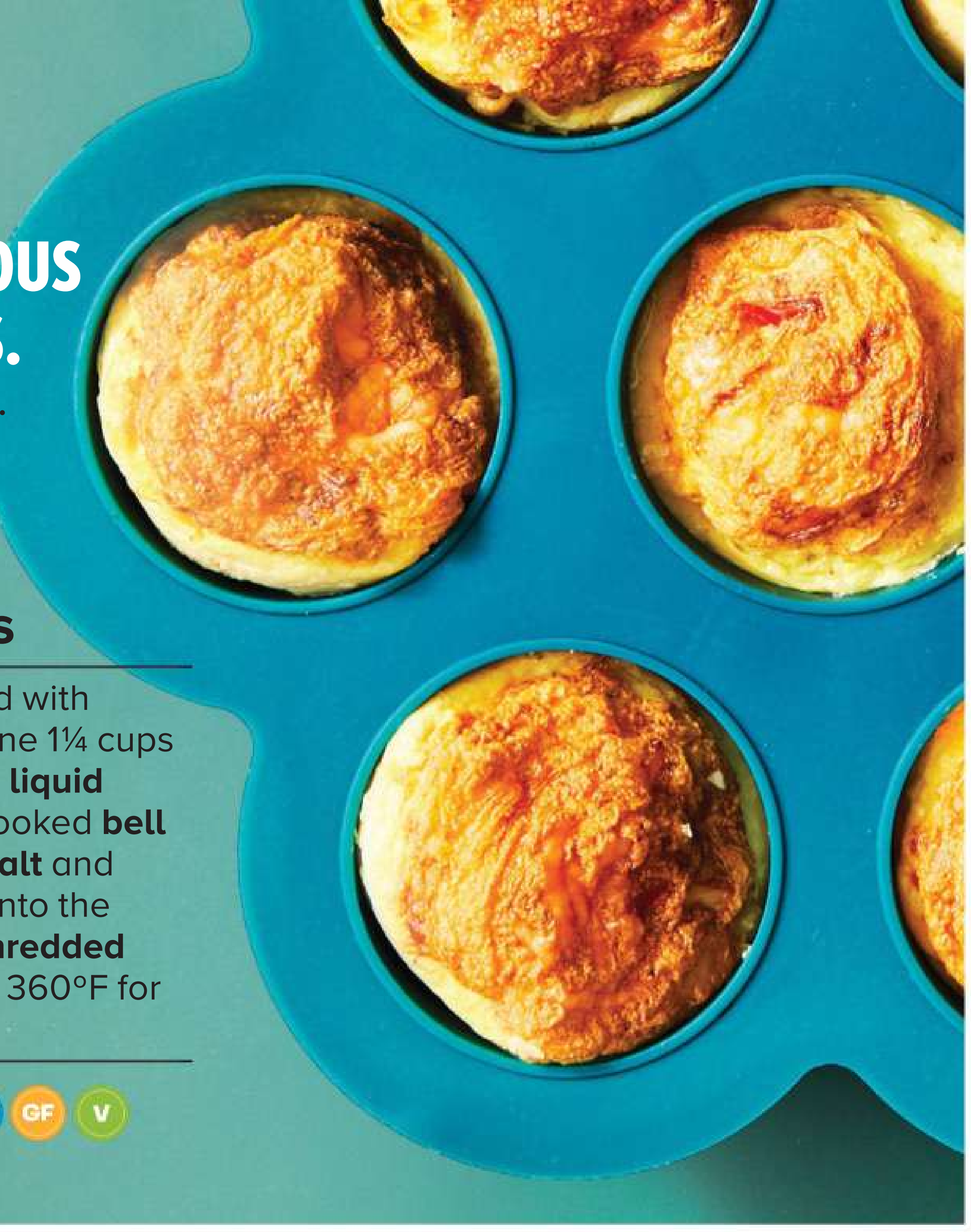
3 MAKE FRESH COOKIES FOR ONE IN NO TIME.

Even better: Have them first thing in the morning!

Air-Fryer Breakfast Cookies

In a medium bowl, combine ¼ cup **mashed ripe banana,** ¼ cup **old-fashioned oats,** 1½ Tbsp. **powdered peanut butter,** 1 tsp. **creamy peanut butter,** and half of a **no-calorie sweetener packet.** Add 1½ Tbsp. water, and mix until uniform. Line air fryer with parchment paper, leaving room for air to circulate. Form three 2-inch cookies. Cook at 300°F for 10 minutes, or until a toothpick inserted in the center of a cookie comes out clean.

ENTIRE RECIPE: 200 calories, 5.5g total fat 30m 5i GF V



4

MAKE SWAPS FOR TRENDY SOUS VIDE EGG BITES.

Scoot over, Starbucks. We've got breakfast in the bag...

Air-Fryer Egg Bites

Spray a 7-cavity silicone egg bite mold with nonstick spray. In a large bowl, combine 1¼ cups (about 10 large) **egg whites or fat-free liquid egg substitute,** ½ cup chopped and cooked **bell peppers and onion,** and ⅛ tsp. each **salt** and **black pepper.** Mix until uniform. Pour into the cavities of the mold. Top with ¼ cup **shredded reduced-fat cheddar cheese.** Cook at 360°F for 15 minutes, or until cooked through.

1 EGG BITE: 39 calories, 1g total fat 30m 5i GF V

5

WHIP UP A BATCH OF THE CRISPIEST BACON.

For super-crunchy center-cut bacon or turkey bacon, cook in a single layer at 350°F for 12-14 minutes, or until your desired level of crispiness is reached. Yummm...

6

MAKE TOASTY GRILLED CHEESE AND CRISPY FRENCH TOAST.

Sit this one out, skillet. Just add your uncooked grilled cheese or French toast to the air fryer, and cook at 360°F for 8 minutes, or until cooked through. Flip your grilled cheese after 4 minutes. (No need to flip the French toast.) Perfection!

7

BRING LEFTOVERS BACK TO LIFE.

Instead of using the microwave, reheat your food in an air fryer for a better texture! This is ideal for foods that were originally crisp on the outside, but if you've got saucy food, just place it in foil to contain any mess. (Leave room for air to circulate.) Cook at 350°F for 5-7 minutes, or until hot.

8

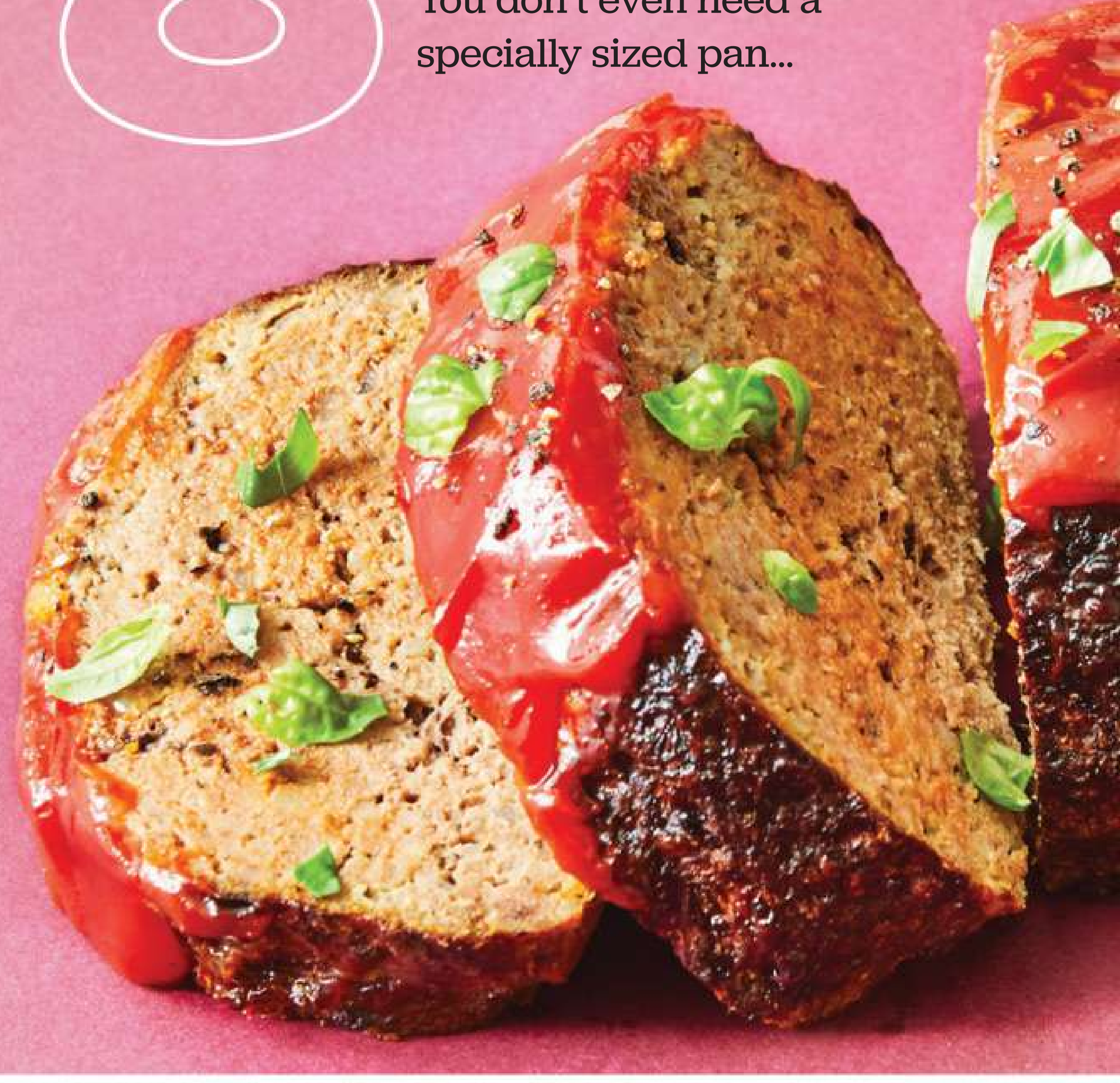
MAKE AN ENTIRE MEATLOAF.

You don't even need a specially sized pan...

Air-Fryer Meatloaf

Spray a piece of heavy-duty foil (large enough to fit in your air fryer) with nonstick spray. In a large bowl, mix 1 lb. **raw extra-lean ground beef** (at least 96% lean), 1 cup finely chopped **onion,** ½ cup (about 4 large) **egg whites or fat-free liquid egg substitute,** 1 Tbsp. **ketchup,** ½ cup **panko bread crumbs,** 2 tsp. **garlic powder,** ½ tsp. **salt,** and ¼ tsp. **black pepper.** Form into a loaf shape, and place on the foil. Fold in the edges, leaving room for air to circulate. Top meatloaf with 3 Tbsp. ketchup. Cook at 400°F for 35–40 minutes, until cooked through.

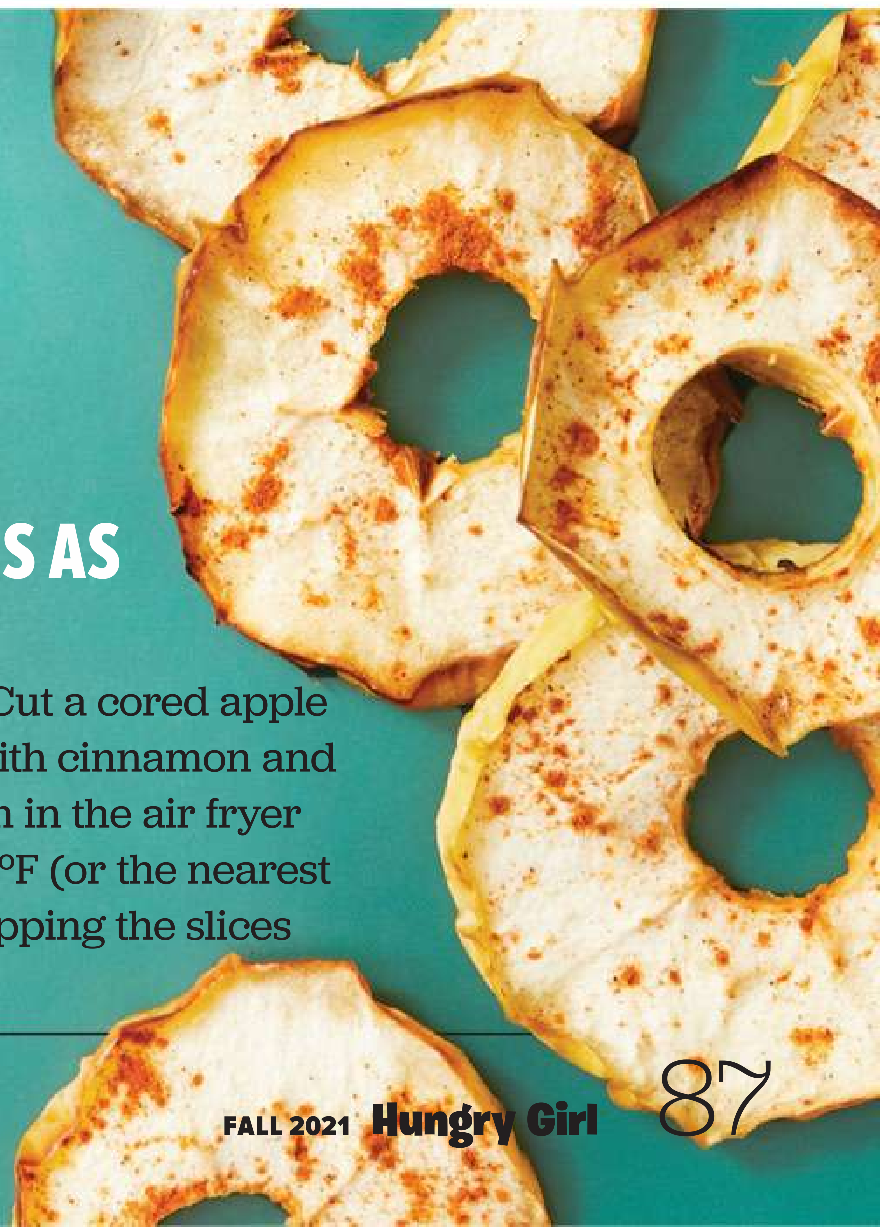
1/5 OF RECIPE: 184 calories, 4g total fat 5i



9

HARD-COOK EGGS WITHOUT BOILING WATER.

Place half a dozen whole eggs in the air fryer, and cook at 270°F for 15 minutes or so. Then transfer them to a bowl of ice water, and easily peel them once they're cool!



10

ENJOY CRISPY, CHEWY APPLE SLICES AS AN ANYTIME TREAT.

Take sliced fruit up a notch! Cut a cored apple into ¼-inch slices, sprinkle with cinnamon and a dash of salt, and place them in the air fryer in a single layer. Cook at 390°F (or the nearest degree) for 10-12 minutes, flipping the slices halfway through. So tasty!

intuitive EATING

A REGISTERED DIETITIAN'S PERSPECTIVE

Our RD friend Bonnie Taub-Dix (@bonnietaubdix on Instagram) has been helping clients eat happily and healthfully for more than 30 years. She helps people gain confidence and lose weight (in that order), without restriction or food policing. With Intuitive Eating becoming a massive trend, we asked her to answer some common questions about the topic and share some of her personal and professional strategies when counseling her clients...

WHAT EXACTLY IS INTUITIVE EATING (IE)?

This concept has actually been around for quite some time! It's practiced regularly by those who focus on hunger, fullness, and the pleasure of eating vs. obsessing over the number of calories or grams of fat they're consuming. IE encourages awareness of how a food really tastes and makes you feel. There's no reliance on meal plans, food rules, measuring, weighing, or calorie counting.

WHY WOULD SOMEONE CHOOSE INTUITIVE EATING?

Intuitive Eating may be a good choice for someone who feels like their eating habits are out of control, or that their moods rest upon what they eat (or don't eat) or what they weigh. Unlike restrictive fad diets that are difficult and unrealistic to sustain, IE offers liberation and is easy to live with in the long term. It's not a quick fix, and it's not based on a strict plan. But over time, it could help you detach from the hold that food had over you, and you'll be able to trust your food decisions more readily.

WHAT ARE SOME CHALLENGES TO INTUITIVE EATING?

One of the backbones of IE is to be able to eat "unconditionally," or with permission. This might get misinterpreted as eating excessive amounts of food all day long. IE means eating in accordance with your hunger and fullness cues, but for some people, it takes a while before they feel secure about trusting those signals.

HOW CAN I BECOME MORE AWARE OF MY TRUE HUNGER LEVELS?

Our brains get signals to tell us when we're hungry or full, but lots of times, our emotions or other factors override those notifications. Think of hunger and fullness as a spectrum… kind of like needing to urinate. (There's a big difference between thinking it might be good to go to the bathroom and needing to race to make it there!) Pay attention to how your hunger and fullness feel. Are you somewhat hungry or feeling famished? Are you comfortably satisfied or overly full? Going by internal sensations as opposed to external cues (like a full or empty plate, what others eat, etc.) helps determine your own needs.

How can someone make the transition from calorie counting to IE?

Getting started on an Intuitive Eating lifestyle takes more than just becoming familiar with foods that are "allowed" and those that should be "avoided," as with many diets. Start by asking yourself questions like these: Do I really want to eat this now? Will I really enjoy it? You can then learn more about your own food desires and begin to give yourself permission to eat without guilt. The website evelyntribole.com has some great resources on ways you can gradually learn to eat intuitively.

SHOULD YOU REALLY THROW AWAY YOUR BATHROOM SCALE?

IE encourages you to reject the diet mentality and ditch your scale. But here's where I might disagree. Whether someone chooses to count calories, weigh themselves, or lose weight is not for me to decide. Some people prefer to use a tool (like a scale or a food journal) to keep track of their progress. These tools are not for everyone and, in fact, for some they could bring negative results. Just remember: A scale is a tool that measures your body weight, not your self-worth.

Will IE result in weight loss?

Losing weight is not the goal. The goal is to help you have a better relationship with food and your body. However, learning to read your own internal cues of hunger and fullness can help you regulate your food intake without deprivation or punishment, so foods that were "forbidden" in the past may no longer glitter. There is less of that need to overeat or restrict, which could lead to weight loss in some cases. Losing weight, however, is not the intention.

Bonnie Taub-Dix, MA, RDN, CDN, is the award-winning author of *Read It Before You Eat It – Taking You from Label to Table*, and creator of betterthandieting.com. She is a media personality, media trainer, spokesperson, motivational speaker, journalist, and corporate and brand consultant. She is also a health & wellness contributor for sites like today.com and *U.S. News & World Report.* For more from Bonnie, follow @bonnietaubdix on Instagram and visit bonnietaubdix.com.

27 INSANELY HEALTHY FOODS IN THE *inner aisles*

The outer aisles of the grocery store aren't the only places to find nutritious food! Here are inner-aisle favorites to add to your list...

cereal

- Old-fashioned oats
- Steel-cut oats
- High-fiber bran cereal

HG Hack: Crush up bran cereal for a crispy bread crumb alternative with a fiber boost.

snacks

- Crispy roasted beans
- Baked cheese snacks
- Freeze-dried fruit
- Pistachios in the shell
- 100-calorie packs of nuts

HG FYI: Freeze-dried fruit gives you more volume and less sugar than traditional dried fruit!

starches & swaps

- Legume-based rice
- Hearts of palm pasta
- Whole-wheat flour (or gluten-free flour)
- Whole-grain and bean-based pasta

BUSH'S BEST
REDUCED SODIUM
Kidney Beans
Garbanzos
Great Northern Beans
ORTEGA
Black Beans
Libby's
100% PURE PUMPKIN
Diced Green Chiles

canned goods

- Pure pumpkin
- Crushed tomatoes, stewed tomatoes, and diced tomatoes
- Black beans, chickpeas, and other beans
- Green chiles

HG Tip: Rinse your beans to wash away excess sodium!

HG FYI: Crushed tomatoes are a healthy sauce base.

shelf-stable protein

- Canned & pouched albacore tuna packed in water
- Canned & pouched pink salmon packed in water
- Pouched seasoned tuna & tuna salad
- Canned & pouched chicken packed in water

10G PROTEIN
Oven-Baked
PARM CRISPS
Cheddar
Enlightened
BADA BEAN BADA BOOM
GARLIC & ONION
StarKist
PREMIUM WHITE CHICKEN
Albacore WHITE TUNA
Solid White ALBACORE TUNA
Tuna Creations

HG FYI: Filling finds like these are perfect for last-minute meals when your fridge stash is low.

Inner-Aisle Takeaway Tips!

1 **Master label reading.** Pay attention to serving size and servings per container. If you know you'll eat that 3-serving snack in one sitting, do the math!

2 **Become an ingredient expert.** The higher something is on the ingredients list, the more prominent it is in the food's makeup.

3 **Find what works for YOU.** Not every shelf-stable food is as wholesome as fresh, so seek out ones that fit your dietary needs.

more pantry staples

- Chia seeds
- Grapeseed oil and/or olive oil
- Powdered peanut butter
- Unsweetened vanilla almond milk
- Dried herbs and spices
- Pure extracts

HG FYI: Powdered peanut butter is a natural alternative with fewer calories and less fat!

Green Giant
RICED VEGGIES
PB2
PURE LEMON EXTRACT
SPICE ISLANDS
CURRY
CILANTRO
From our family to yours
NOW
Organic Chia Seed
POMPEIAN
ORGANIC
ROBUST
GLUTEN FREE

7 AMAZING HEALTH PERKS OF HAVING A PET

... with Joy Bauer!

There's no doubt we spoil our pets: One survey found that 95 percent of pet owners buy their cat or dog a holiday gift, and nearly two-thirds celebrate their birthdays. (Both of my hands are raised!) It's the least we can do for our furry friends because they give us so much in return. In fact, take a look at the many ways our pets can help us become healthier...

Meet Joy...

Joy Bauer, MS, RDN, is one of the nation's leading (and most beloved) health authorities. She's the *TODAY* show's resident nutrition expert and a 14-time bestselling author. Check out her latest book: *Joy Bauer's Superfood!*

1 **PET PERK: THEY GET US MOVING.** Whether your precious pooch is looking to play fetch or nosing you for a walk, you're more likely to log extra minutes toward your daily exercise goal. And those can add up quickly: Studies have found that people who walk their dogs average 15-20 more minutes of moderate exercise per day, and an extra 2,000+ steps. That equates to about 365 miles per year–hugely beneficial for overall health and weight management. Not to mention, our pets continuously convince us to roll around on the floor for some playtime, which increases our flexibility and agility.

2 **PET PERK: THEY PROTECT OUR HEARTS.** Animals–cats and dogs, in particular–help boost heart health in a variety of ways. Pet owners appear to have lower blood pressure, cholesterol, and triglyceride (harmful fats in the blood) levels, according to research from the American Heart Association. Thus, they fill your heart, and they make it healthier too. Double bonus!

3 **PET PERK: THEY'RE A FRIEND FOR LIFE.** Your pet will be by your side no matter what, through thick and thin. Had a long day? Guess who's at the door waiting for you with a wagging tail. Not feeling well? You know who'll be waiting to cuddle up next to you with a gentle purr. Pets provide companionship and love to help reduce loneliness with zero expectations. That's what BFFFs (best furry friends forever) are for.

4 **PET PERK: THEY EXPAND OUR SOCIAL CIRCLES.** When you're out on a walk with your pup, at the vet, or in an online pet chat group, you're likely to come across people you'd otherwise not meet. Having a pet opens you up to a whole new world of dog parks, pet stores, and places with like-minded people looking to discuss all things animals. Friendships form over pet-food brands, leashes, pet potty training, and more. Take advantage of these opportunities to branch out and mingle.

5 **PET PERK: THEY CUT STRESS.** Feeling a little frazzled? Fido to the rescue! You don't even have to own a pet to reap the benefits–the simple act of petting a furry companion can help ease feelings of anxiety. Spending just 10 minutes petting a cat or dog helped cut students' stress and reduced levels of cortisol, the stress hormone, according to one study. Any pet owner can tell you they experience a mood boost from puppy kisses, cat naps on a lap, sweet bird melodies, and more.

6 **PET PERK: THEY MAY HELP PROMOTE SELF-CARE.** Taking care of a pet involves routine and structure, which may correlate to better self-care. One cool study from UT Southwestern Medical Center in Texas found that people with diabetes had better control of their blood sugar and lower A1C levels (a summary of your average blood sugar over several months) when their healthcare was tied to the routine of caring for a pet. (In this study, it was a fish, but I imagine it would apply to all pets.) The responsibility of taking care of a pet made them more accountable for their own health.

7 **PET PERK: THEY GIVE US A SENSE OF PURPOSE.** Our four-legged friends give life meaning. When you wake up in the morning, they're there waiting to be fed, walked, or have their belly scratched. They give us a reason to roll out of bed, get off the couch, put our phones down, and engage in life. They are completely dependent on us for their care, and in return, we get their devotion, love, and wet kisses. Truly, there's nothing better!

4YOURHEALTH

No insurance? No worries.

Get 24/7 access to physicians, nurses, and more, wherever you are

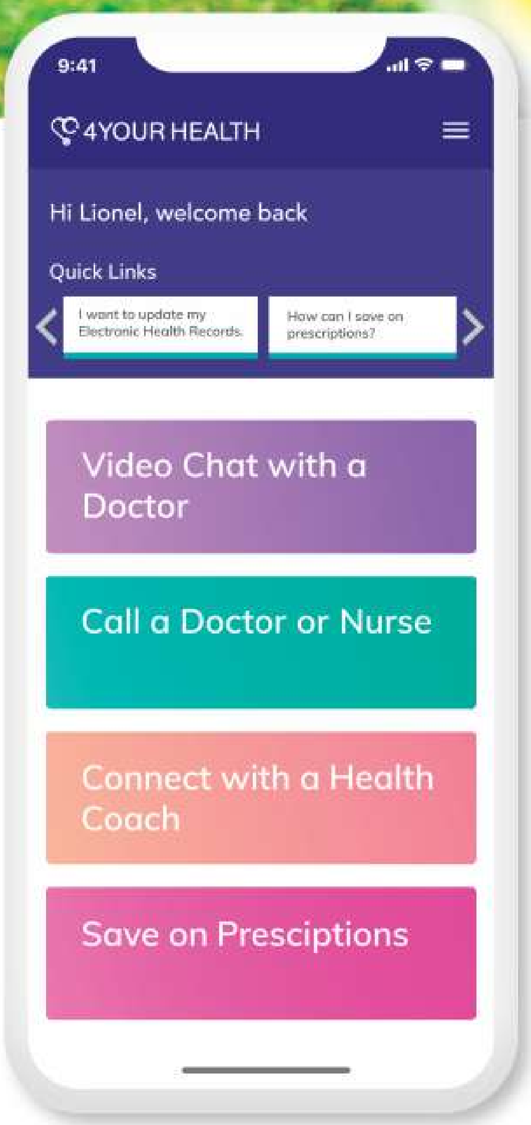
The summer months mean more family time outside and more chances for sunburns, rashes, cuts, and sprains. 4 Your Health is an all-in-one health resource that gives you and your family access to on-demand doctors, prescription savings, guided meditations, health coaching, fitness programs, and nutrition plans. There are no waiting rooms, no co-pays, no missed work, and best of all, no insurance is needed!

4YourHealth.com

© 2021 Synapse Group, Inc. All rights reserved.

GET STARTED NOW
by holding your
phone's camera over
this smart code.

NO APP REQUIRED.


9:41

4YOUR HEALTH

Hi Lionel, welcome back

Quick Links

I want to update my Electronic Health Records.

How can I save on prescriptions?

Video Chat with a Doctor

Call a Doctor or Nurse

Connect with a Health Coach

Save on Presciptions

CROSSWORD TIME!

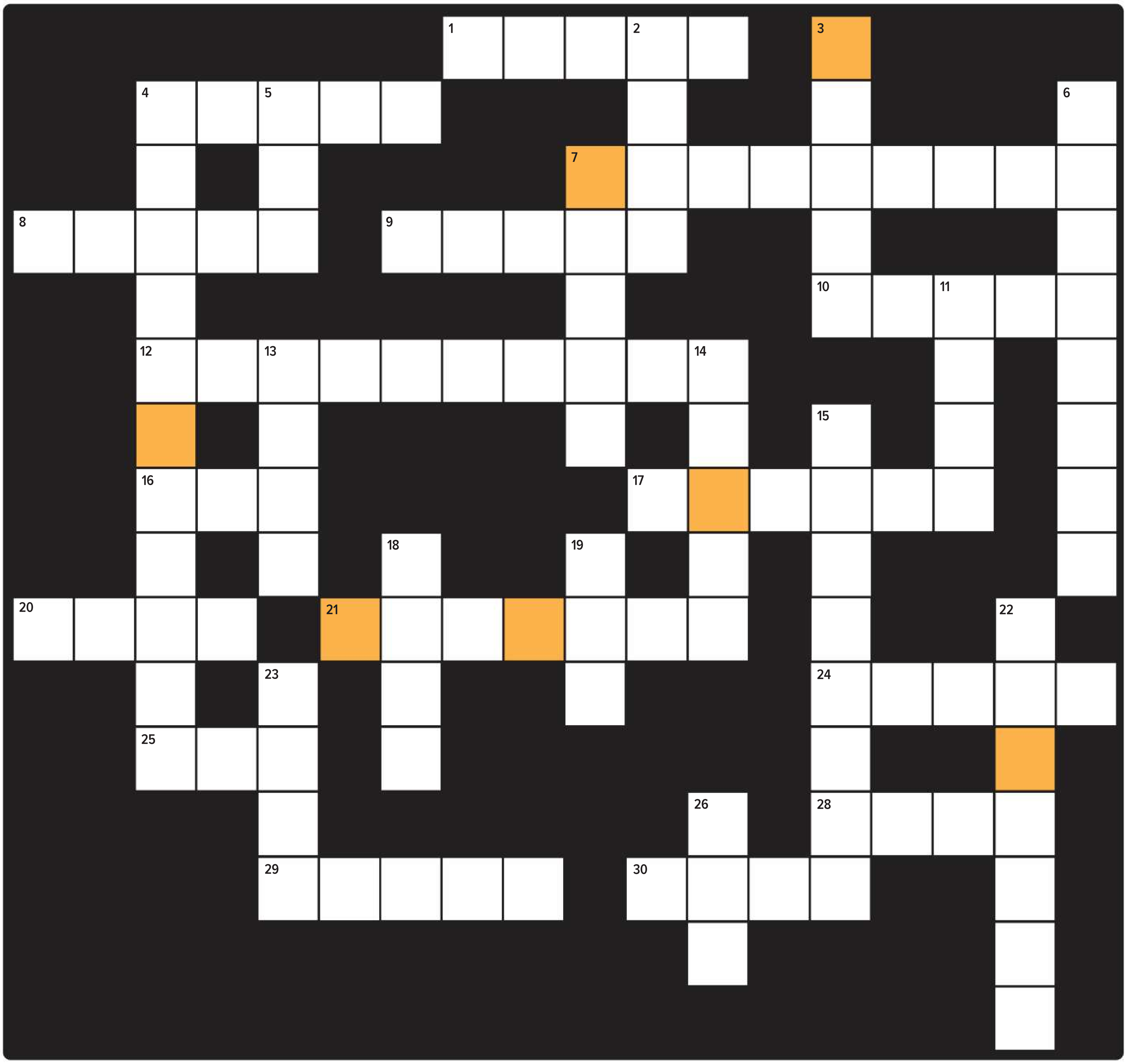
Who's ready for some fun? Test your foodie knowledge with this fun word puzzle!

ACROSS

1. Don't forget to pack a ____ before a long drive.
4. Make this hearty bean stew in a mug for a quick, satisfying meal.
7. This popular snack is known as the smiling nut due to its appearance in the shell.
8. This plant-based sweetener usually comes in syrup form.
9. The dark version of this powder adds intense chocolatey taste to dessert recipes.
10. Found in shades of red, orange, yellow, and white, these potatoes bring flavor and nutrients to fall dishes.
12. A sprinkle of this supermarket all-star powder adds sour flavor to recipes. (2 words)
16. Iced or hot, this antioxidant-rich drink is great any time of day.
17. Grocery store endcaps might entice you with decadent treats, but the inner parts of these walkways have plenty of healthy choices.
20. Whether found in lemons, limes, or 12-ACROSS, this flavor puckers your lips and adds balance to sweet dishes.
21. This type of briny, acidic preserved veggie balances richer items on a charcuterie board.
24. The powdered version of this coffee complement is surprisingly versatile—try adding it to cold drinks, dessert recipes, and anything else you want to give a boost of richness!
25. Boil it, scramble it, poach it, or coddle it.
28. Carrots, turnips, and parsnips are all classic examples of this type of fall veggie.
29. Self-rising flour and Greek yogurt combine for this super easy 2-ingredient base for pizza, bagels, and cinnamon rolls.
30. Need a gluten-free option for snacking? Look for light-as-air crackers made from this common grain.

DOWN

2. These insanely healthy tiny seeds expand and add texture to a variety of dishes.
3. Whether you eat three of these or several smaller versions throughout the day, having a plan and a shopping list makes things much easier.
4. Add colorful fruits, veggies, nuts, and spreads to this popular meat-based party tray.
5. Instead of making ______, use these cube trays to freeze broth, herbs, and sauces for fast, easy, and fresh cooking components.
6. Walking a dog helps burn extra calories, but there are mental health benefits too! Just 10 minutes of petting a furry companion reduces levels of this stress hormone.
7. Use this method to cook delicate foods like eggs and fish in water or flavor-rich broth.
11. Cooking corn on the cob is a breeze in your air fryer, but listen up: You may need to cut these in half to get them to fit!
13. If you meal prep and freeze your food, just ____ it in the fridge overnight (or in the microwave if you're hungry now!).
14. Freeze-______ fruits are shelf-stable and offer a sweet, satisfying crunch without added sugars.
15. This variety of tuna comes in cans and pouches. It's an easy protein addition to salads and snacks.
18. Small, or ______, versions of pickles and peppers put the CUTE in charcuterie.
19. The three key ingredients in this sandwich staple can also add unique flavor to other dishes... like mac & cheese! (Abbreviation)
22. You can't blow bubbles with it, but adding just a little of this gum to sauces and smoothies amps up the creaminess and volume.
23. Just a few shavings of this style of hard cheese, like Parmesan, can satisfy cravings.
26. You can breathe easy when you "fry" with this abundant resource!



BONUS: Unscramble the highlighted letters above to reveal one of our favorite fall ingredients!

ACROSS 1. snack 4. chili 7. pistachio 8. agave 9. cocoa 10. sweet 12. citric acid 16. tea 17. aisles 20. tart 21. pickled 24. cream 25. egg 28. root 29. dough 30. rice

DOWN 2. chia 3. meals 4.charcuterie 5. ice 6. cortisol 7. poach 11. ears 13. thaw 14. dried 15. albacore 18. mini 19. blt 22. xanthan 23. aged 26. air

BONUS pumpkin

We're not done yet!

Here's a sneak peek into Lisa's daily life...

The last thing I expected to have happen...

I traded in my tall shoes for sneakers—YUP! During the pandemic I started walking... and walking... and walking. So I said goodbye to wedges and chunky heels and HELLO to cute and comfy tennis shoes!

Ta-da!

The last thing I added to my kitchen gadget lineup...

This cute & useful milk frother! It heats & froths milk for hot drinks. So fancy! :)

The last thing I started doing that I'm proud of....

Started flossing twice a day!!! I've always taken good care of my teeth, but instead of flossing once a day, I bumped it up to twice a day several months ago. I highly recommend this... My gums are so much healthier!

The last thing I became obsessed with at Starbucks...

The ridiculously delicious Iced Brown Sugar Oatmilk Shaken Espresso... 120 calories for a Grande. Pro tip: Order a Grande size in a Venti cup, and ask for extra ice! #THEBEST

The last thing I got that I use daily...

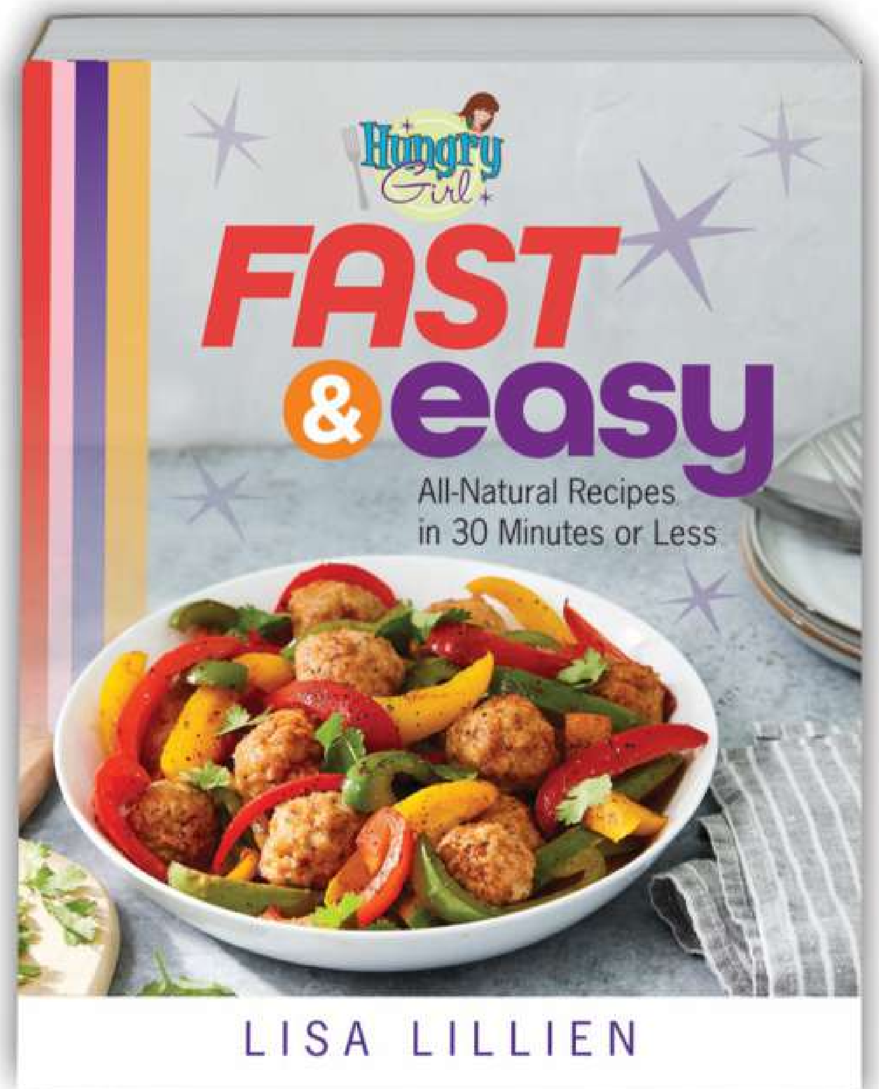
This AWESOME water bottle my friend Jenny sent me from Amazon! It comes in so many gorgeous color combinations and really helps me drink SO much water. I love it!

8AM 2PM
READY TO GO!
9AM 3PM
HAVE SOME MORE
10AM 4PM
KEEP DRINKING
11AM 5PM
ALMOST THERE
12PM 6PM
YOU GOT IT! YES!
REFILL

Me & Jenny!

Hungry Girl® (ISSN 2576-0742), Fall 2021. Hungry Girl is published three times a year in January, September, and December by Meredith Corp., 1716 Locust St., Des Moines, IA 50309-3023. In Canada: Mailed under Publications Mail Sales Product Agreement No. 40069223. Canadian BN 12348 2887 RT. © Meredith Corp. 2021. All rights reserved. Printed in the U.S.A.

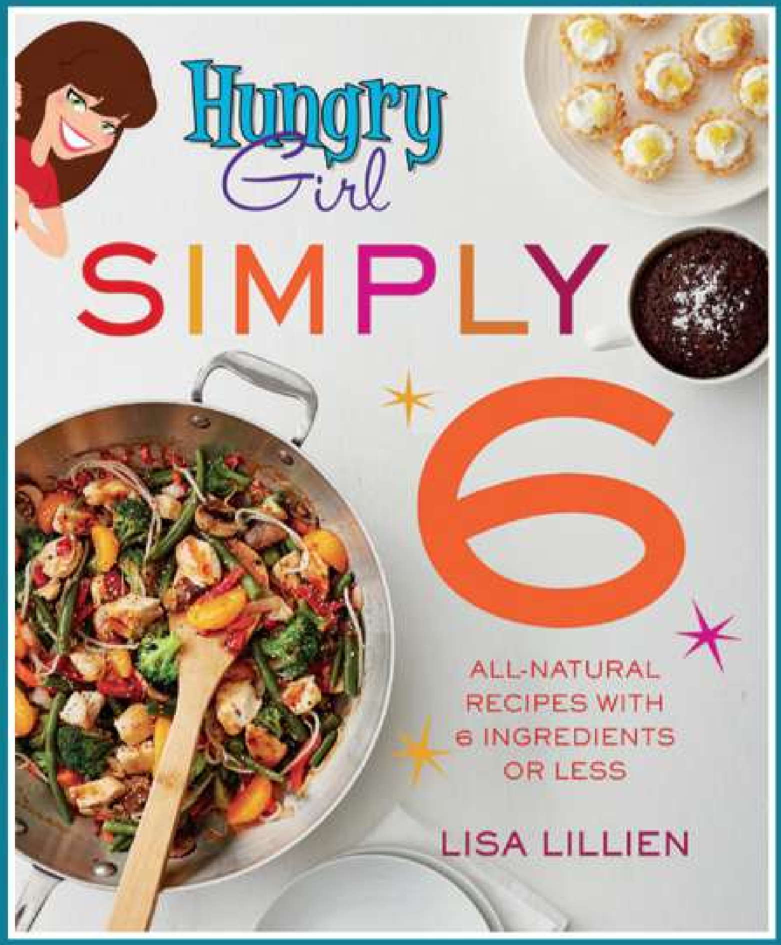
Don't Miss These Recipe-Filled Bestsellers


Hungry Girl
FAST & easy
All-Natural Recipes in 30 Minutes or Less
LISA LILLIEN

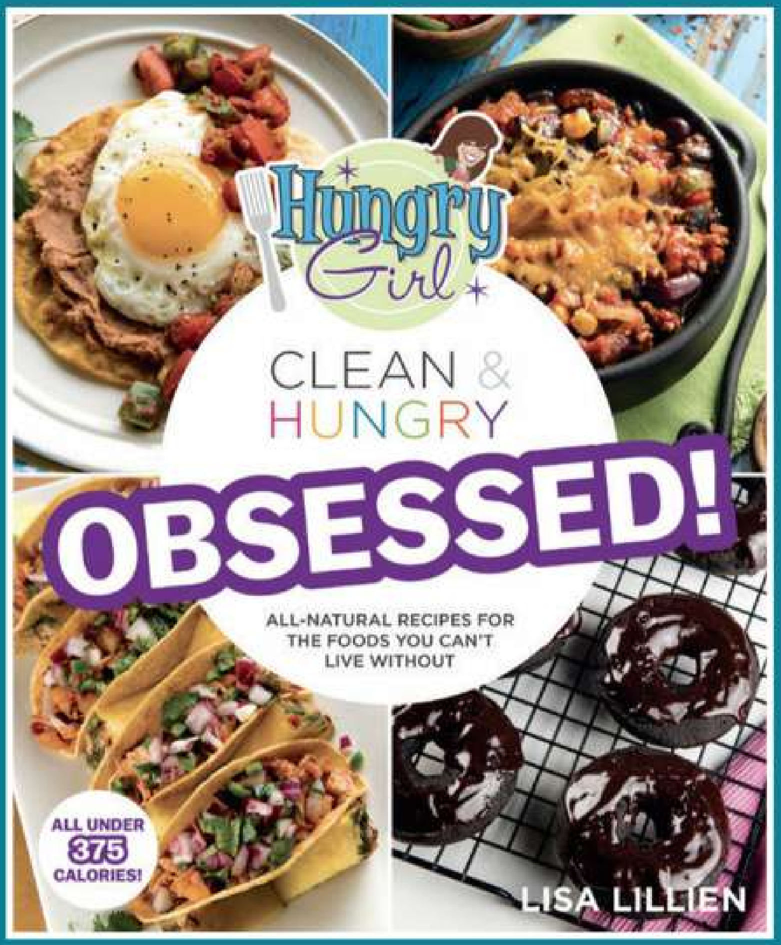
Over 150 quick and simple recipes ready in 30 minutes or less!

Hungry Girl FAST & easy

delivers one-pot recipes, skillet meals, 10-minute power bowls, 5-minute smoothies, 2-ingredient cake mugs, and more!


Hungry Girl
SIMPLY 6
ALL-NATURAL RECIPES WITH 6 INGREDIENTS OR LESS
LISA LILLIEN

ALL-NATURAL RECIPES Under 375 Calories!
Hungry Girl
CLEAN & HUNGRY
EASY ALL-NATURAL RECIPES FOR HEALTHY EATING IN THE REAL WORLD
LISA LILLIEN


Hungry Girl
CLEAN & HUNGRY
OBSESSED!
ALL-NATURAL RECIPES FOR THE FOODS YOU CAN'T LIVE WITHOUT
ALL UNDER 375 CALORIES!
LISA LILLIEN

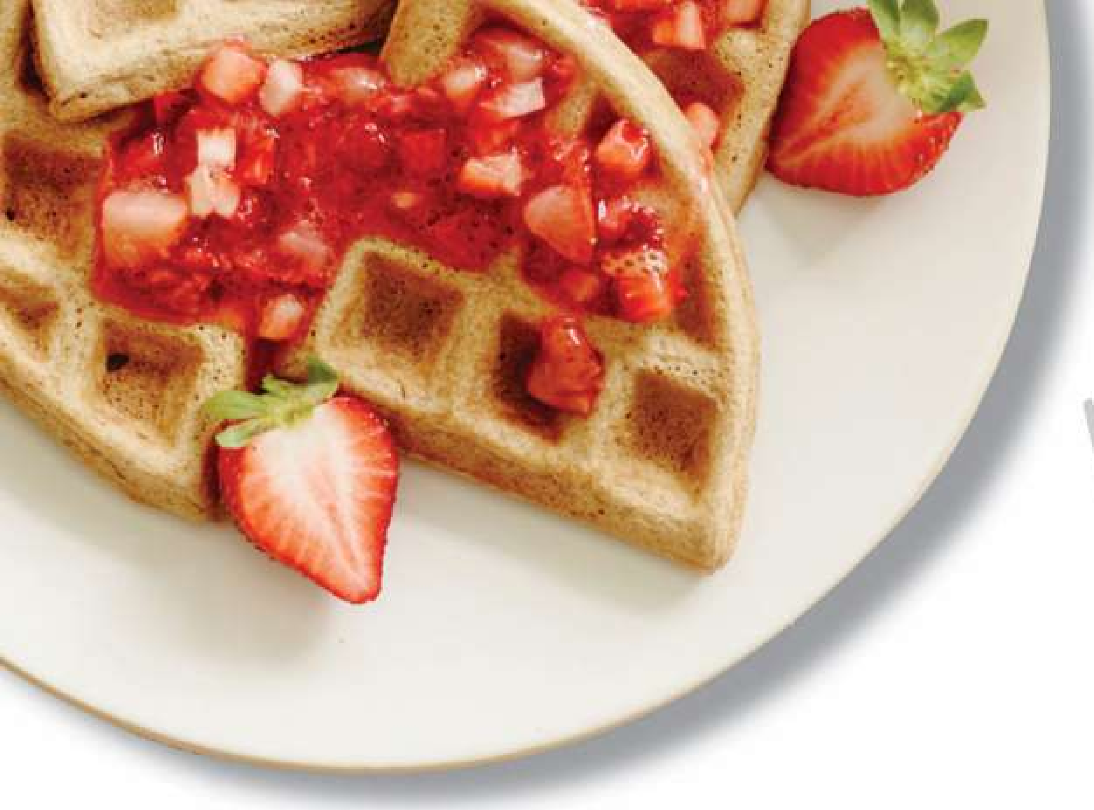
All-natural recipes,
all under 350 calories,
and 6 ingredients or less!

The *New York Times* bestseller!
Easy recipes,
no artificial ingredients.

All-natural recipes
for clean comfort food
under 375 calories!

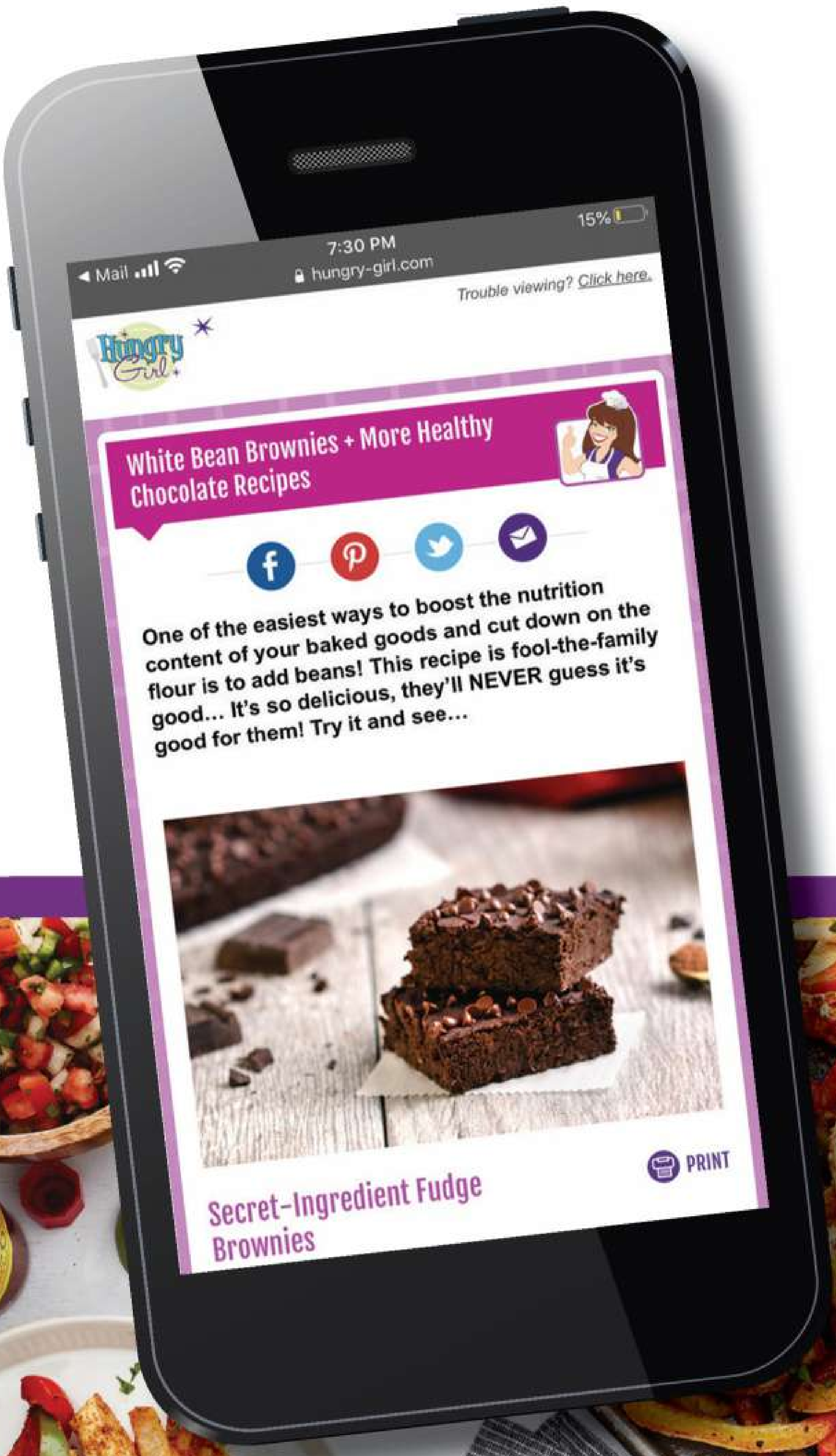
AVAILABLE WHEREVER BOOKS ARE SOLD

ST. MARTIN'S GRIFFIN



Sign Up for Hungry Girl's FREE Daily Emails!

OVER 1 MILLION PEOPLE WAIT FOR THESE EACH WEEKDAY...



7:30 PM

hungry-girl.com

Trouble viewing? Click here.

White Bean Brownies + More Healthy Chocolate Recipes

One of the easiest ways to boost the nutrition content of your baked goods and cut down on the flour is to add beans! This recipe is fool-the-family good... It's so delicious, they'll NEVER guess it's good for them! Try it and see...

Secret-Ingredient Fudge Brownies

- **Brand-new recipes** (easy, healthy & delicious!)
- **The latest food finds** (calorie bargains!)
- **Smart-eating strategies** (for every occasion!)
- **Q&A with Lisa** (top tips & tricks!)

Serving up guilt-free goodness since 2004...

SUBSCRIBE NOW AT HUNGRY-GIRL.COM!